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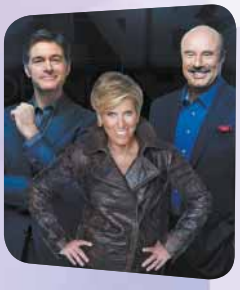

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WEIGHING REAL VS. VIRTUAL WORKOUTS
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Tuesday, March 1, 2011
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News worth sharing.

Premier denies city's bid for cash

- Deputy mayor Doug Holyday defends request, saying city delivers many services for province
- Ontario funding transfers to T.O. up 500% since 2003: Finance Minister Dwight Duncan

Premier Dalton McGuinty has essentially crumpled up Mayor Rob Ford's provincial budget wish list and thrown it in the garbage.

With an $18.7-billion provincial deficit this year, "there's just no money available" to help the city, said McGuinty, who is expected to table a budget in late March and is facing an election Oct. 6.

McGuinty made the comment yesterday in reaction to a Toronto Star story revealing that Ford sent a letter to Ontario Finance Minister Dwight Duncan in late January with a shopping list of funding requests, ahead of the provincial budget expected in late March.

Ford asked for more than $150 million in specific projects, including roadwork, transit projects and increased funding for subsidies to provide child care for low-income families.

He also renewed his predecessor David Miller's call for the province to pay half of the TTC's $429-million annual operating costs, which boosts Ford's funding request to more than $365 million.

"(Toronto has) got some challenges and (the province has) got some challenges, and we're each going to have to find a way to wrestle those predominantly on our own."
PREMIER DALTON MCGUINTY

Ford has previously said the City of Toronto needs to get its fiscal house in order before going to other levels of government cap-in-hand. Although Ford is asking for more money, he did not build expectations of the funding into the 2011 city budget, a pressure tactic Miller used.

TORSTAR NEWS SERVICE

▶ Actress Amy Smart does a scene in Yorkville yesterday for the ABC Family movie 12 Dates Of Christmas. The star of movies such as Crank and The Butterfly Effect plays a woman who passes out in a department store and keeps reliving the same Christmas Eve over and over, until she can embrace true love and the meaning of Christmas. It shoots in Toronto until March 25.

JOHN R. KENNEDY/FOR METRO TORONTO

Christmas comes early in Yorkville

Middle East

EU, Canada go beyond UN's Libya sanctions

- Tories banning financial dealings, freezing assets, says prime minister {pages 12-13}

Leafs tinker on deadline day

Team's lone deal sends John Mitchell to Rangers {page 33}

Province dodges call for inquiry

Police trampled civil rights during G20: New report {page 9}

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Lacklustre deadline day for Leafs fans

Maple Leaf fans don't have much to say after the NHL trade deadline came and went without a major deal for the team. Announced just after 3 p.m., Toronto shipped forward John Mitchell to the New York Rangers for a seventh-round pick in 2012.

"That's a really minor move," said Bill McKenna. "I would have liked them to do more, but not if it means giving up too much in the future. I don't mind not making the playoffs."

George Crosbie said he doesn't think a high-profile trade would have made a difference.

"I think there are too many gaps," he said. "What you are starting to get is an old goalie and a tired goalie."

Ex-hockey player and coach Glenn Bridges said the team is looking ahead to next year. "They're looking for goalies and good defence — that's what they need.

"If they happen to make the playoffs, they'll lose in the first round," he said.

KYLA SERGEJEW

MORE DEADLINE COVERAGE, PAGE 33

No. 39

John Mitchell was a fifth-round pick in 2003

- He played 23 games for the Leafs this season with two goals and an assist.
- Leafs GM Brian Burke said he was not disappointed by the lack of activity for his club on deadline day

KYLA SERGEJEW/FOR METRO

▶ Leafs fan George Crosbie

Ford to housing board: Get new jobs

Two audits of TCHC reveal millions in waste at the housing agency

Mayor Rob Ford said the city will be moving quickly to replace the Toronto Community Housing Corp. board hours after the auditor general blasted the social housing agency for wasting millions of dollars in untendered contracts and lavish employee expenses.

Ford also hinted CEO Keiko Nakamura may be on the way out when he ominously announced: "Ms. Nakamura will be meeting very shortly with me to discuss her future. I'm going to reserve comment on (whether she will be removed) until after I talk to her one on one."

Board chair David Mitchell has been asked to resign.

"I'm asking for all (seven) citizens that sat on the board to resign immediately. We have, as you know, changed the councillors, three out of four of them, and the seven civilians should do the right thing and tender their resignation," Ford said in an afternoon press conference at city hall yesterday.

TORSTAR NEWS SERVICE

"This money could go to helping people that need it the most ... Time after time after time, the excuse is we don't have enough money. Well, obviously, that excuse does not hold water."
MAYOR ROB FORD

ANDREW WALLACE/TORSTAR NEWS SERVICE

▶ Toronto Community Housing Corporation board member, Coun. Maria Augimeri (Ward 9 — York Centre) answers questions after an emergency meeting to deal with a scathing report released by the city's auditor general yesterday.

Toronto Hydro seeks bigger pensions for bosses

Toronto Hydro has launched a lawsuit against the OMERS pension fund, seeking to overturn a new rule that will limit the pensions of hydro executives who earn big bonuses.

Toronto Hydro wants employees who receive a substantial amount of their pay in bonuses to have their bonuses count as qualifying income in calculating their pensions.

But OMERS has imposed a cap on how much bonus money can count toward pension payments.

The new rule would only affect executives, who get big performance bonuses, since most Toronto Hydro employees receive the bulk of their pay in straight wages and salaries.

The issue dates back to 2009, when OMERS imposed a cap on the amount of bonus money that can be used for pension purposes. The cap became effective Jan. 1, 2011.

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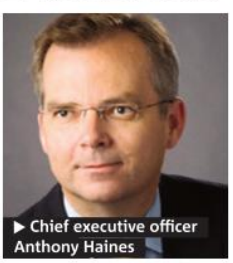

▶ Chief executive officer Anthony Haines

News in brief

Multiple child molester guilty once again

A jury took only 30 minutes to find a Toronto man once declared a dangerous offender guilty of sexually assaulting a five-year-old boy.

But the jury came to its verdict yesterday without knowing that Dennis James Taylor, 52, had been found guilty of seven previous sex charges dating back to 1976 and had once been declared a dangerous offender.

TORSTAR NEWS SERVICE

Toddler pulled from fire dies

A toddler rushed to hospital following a Saturday night apartment fire that killed her mother has died. The child's mother, Bridget Milius, was also killed in the fire. She was pronounced dead at the scene and the child rushed to hospital.

TORSTAR NEWS SERVICE

1 news

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B.C. polygamist leader says he would welcome probe into allegations of child brides in the community. Video at metronews.ca

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Usage at heart of TTC targeted cut to passes

The post-secondary school discount costs the TTC $400,000 in annual lost revenue

MARK HERBERT
TORONTO@METRONEWS.CA

The proposed cut to the discounted Metropass to part-time, post-secondary students could help the TTC reduce fare losses by $1.4 million, as long as proper usage is enforced.

Anybody can purchase a discount card, but it can only be used when accompanied by a student ID card, which is how the TTC avoids any abuse of the system.

"It has nothing to do with the purchasing," said TTC director of communication Brad Ross.

"It's the usage."

That means even if part-time, post-secondary students continue to purchase the discount cards they won't be able to use them.

"They must be used in combination with photo ID," Ross said. "Failure to do so can result in confiscation of your pass."

The part-time cards were introduced in September 2010 on a trial basis and after a recent review, the TTC has decided to propose the elimination of this particular discount card.

"It's in line with other transit systems in North America."

If the proposal is accepted, part-time students, who currently pay $99 for a monthly pass, will no longer be eligible for a discount as of September 2011 and will have to pay the regular adult rate of $121.

"You'll have to be able to demonstrate that you're a full-time student," said Ross.

Locations

Pass Vending machines are located at: Bay, College, Don Mills, Downsview, Dundas, Islington, Kennedy, Kipling, Queen, Sheppard-Yonge, St. George and St. Patrick stations.

TORSTAR NEWS SERVICE

▶ TTC passengers line up for shuttle buses near Bloor Station. A cut to discounted Metropasses may help the TTC reduce fare losses.

on the hou$e

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TORSTAR NEWS SERVICE

▶ A commuter swipes her Presto card at Union Station.

U.S. supplier bids on TTC's open payment system

Only one company has submitted a bid to build the TTC an open payment system that would allow riders to use a credit or debit card or even a cellphone to pay their fare.

U.S.-based ACS Transport Solutions, a division of Xerox that has installed fare systems in the Houston area and in Lyon, France, was the only company among three qualified bidders that submitted a proposal to the TTC.

Transit staff are still examining the ACS bid and will report on it to the city councillors on the transit board in April.

That report will also include an update on talks with the province on adopting the Presto regional fare card on the TTC. If the TTC goes ahead with an open payment system, the business would be worth $80 million or less annually.

Bidders were required to come in less than the seven per cent of operating revenues the TTC currently spends on fare collection, said TTC spokesman Brad Ross. But moving ahead on open payment doesn't prohibit the TTC from expanding its use of Presto, according to TTC vice-chair Peter Milczyn. TORSTAR NEWS SERVICE

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Promotion of higher learning urged: Study

Some students say province should pitch college, university as early as Grade 6, and provide a lesson on applying for student loans in Grade 10

Student outreach

The report also cites a need for more sensitive outreach to aboriginal students.

- Just 6.3 per cent of aboriginal students attend higher learning, compared to 63 per cent of the general Ontario population.
- "For many aboriginal students whose families aren't familiar with the post-secondary system, just applying can be difficult — I almost gave up halfway through," said Sault College student Patrick Hunter.
- "It can be like a culture shock to come to an urban campus from a remote community," adds Hunter.

Ontario does too little to promote higher learning to children who need encouragement most — disabled and aboriginal youth and those whose parents never went past high school — says a group representing 2.4 million students from kindergarten through college and university.

In a report being released today, students say Queen's Park fails to promote incentives it already offers, citing a government bursary for so-called "first-generation" learners — the first in their family ever to attend college or university — which was claimed by only 2.3 per cent of those eligible.

While some 2,200 students received the grant of about $1,400 each — a total of $3 million — the report says an estimated 91,000 first-generation students qualify for student aid and should have been eligible for the money.

"Another bursary for child care was used by only 24 people in the province, so public awareness of these programs clearly isn't enough," noted Alexi White, executive director of the Ontario Undergraduate Students' Association, which penned the report Breaking Barriers with the College Student Alliance and the Ontario Student Trustees' Association.

The government says it has spent $55 million since 2005 to recruit more of these under-represented groups, and reports the ranks of disabled students have grown 35 per cent since 2005.

But students argue first-generation students remain only half as likely as others to get a post-secondary credential.

"My mother couldn't understand why I needed to give her bank account number to the government to get a student loan; neither of my parents went past high school," said McMaster University student Shivani Persad.

"It would have helped to have had a lesson on student loans in Grade 10 instead of just talking about careers."

TORSTAR NEWS SERVICE

news, visit metronews.ca/toronto

▶ Jersey Shore star Jenni (JWoww) Farley, right, does her thing on the Marilyn Denis Show yesterday.

JOHN R. KENNEDY/FOR METRO TORONTO

Jersey girl hits Toronto

Reality show star Jenni Farley yesterday promoted her new book The Rules According To JWoww: Shore-Tested Secrets On Landing A Mint Guy, Staying Fresh To Death, And Kicking The Competition To The Curb. She also gave an audience member a spray-on tan on the Marilyn Denis Show.

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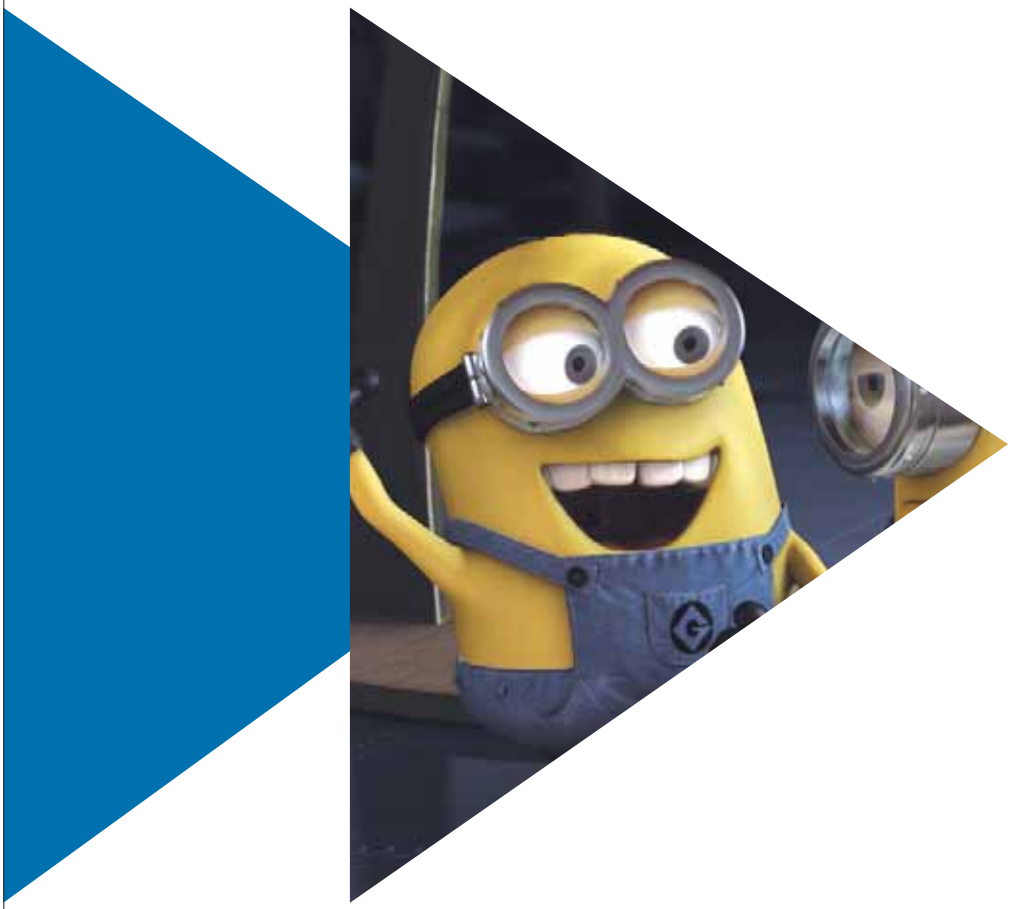

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Just ask Kari and Declan, Marlowe's parents.
An MRI revealed a stroke had permanently damaged a significant portion of their baby daughter's brain.
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That's when Marlowe's doctor threw them a lifeline.
"Everything to do with strokes is different when it comes to babies," he said, "Babies are incredible. They rewire, learn and figure things out. You watch. You'll be amazed."
He was right.
At 24 months of age, Marlowe has been hitting all her cognitive benchmarks.
SickKids researchers are trying to discover the causes of childhood strokes and how to prevent them.

We have to find more ways to improve the health of children.
Research is key.
Scientific breakthroughs will lead to better vaccines, drugs and other treatments that will slow disease and save lives.
Discoveries mean kids like Marlowe will have a brighter future.
Your donations help pay for leading-edge equipment and facilities that help our researchers turn lab findings into improved care for kids.
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McGuinty rejects call for G20 public inquiry

More than 1,100 arrested during summit, detained overnight Most were released without charges

ADRIAN WYLD/THE CANADIAN PRESS

Nancy des Rosiers, left, general counsel for the Canadian Civil Liberties Association, calls for a public inquiry into G20 security issues as James Clancy, national president of the National Union of General Employees, looks on yesterday during a news conference in Ottawa.

COLIN PERKEL/THE CANADIAN PRESS

"With five separate reviews that are underway, I think we are coming at it from a number of different perspectives."
PREMIER DALTON MCGUINTY

Ontario's Liberal government yesterday flatly rejected calls for a full-scale public inquiry into police actions during the G20 summit in Toronto last June.

The Canadian Civil Liberties Association called for the inquiry yesterday after releasing a report on its own public hearings into the G20 that found many instances of police violently trampling the civil rights of peaceful protesters. The Liberals passed a controversial law, in secret, governing police powers during the G20. **THE CANADIAN PRESS**

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BEN STANSALL/GETTY IMAGES

▶ A notice informing customers that Baby Gaga breast milk ice cream has sold out is pictured last week in the window of The Icecreamists café in central London.

Breast milk dessert removed

Ice cream parlour says breast milk ice cream sold out as soon as it was launched ◗ Frozen treat comes in martini glass and costs $22.50 US

Government officials in England said yesterday they have confiscated ice cream made with human breast milk from a London shop amid concerns the dessert is unsafe. A spokeswoman from Westminster City Council said it was responding to two complaints from the public over whether a shop should be selling edibles made from other people's bodily fluids and awaiting guidance from Britain's Food Standards Agency.

The official spoke on condition of anonymity in keeping with council policy.

Viruses, including hepatitis, can be passed on through breast milk. The company has said that the milk was screened in line with blood donor requirements before being pasteurized and churned together with vanilla pods and lemon zest.

The official said the ice cream, marketed as "Baby Gaga" and launched last week, is being tested with the full co-operation of The Icecreamists, the parlour marketing the dessert.

THE ASSOCIATED PRESS

Republicans will defend anti-same-sex marriage act: U.S. Speaker

Polls suggest a growing number of Americans support same-sex marriage and U.S. President Barack Obama's move to instruct the U.S. Justice Department to stop defending an anti-same-sex marriage law forces Republicans to defend the legislation in court or risk angering their socially conservative base.

John Boehner, Speaker of the House of Representatives, said yesterday his party will indeed take steps to defend the Defence of Marriage Act, which faces legal challenges in several states, since the Obama administration says it won't. In the same breath, he griped that Obama was playing politics.

THE CANADIAN PRESS

"I'd be very surprised if the House didn't decide that they were going to defend the law."

JOHN BOEHNER, SPEAKER OF THE U.S. HOUSE OF REPRESENTATIVES

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metro life panel

JFK's brother wanted to rent brothel: Memo

- Ted Kennedy allegedly made arrangements in 1961
- Obama administration fought to keep file secret

SUSAN WALSH/THE ASSOCIATED PRESS

▶ Edward M. Kennedy

An FBI file contends that a young Edward M. Kennedy arranged to rent a brothel for a night while visiting Chile in 1961, a year before he was elected to the U.S. Senate.

The previously edited U.S. State Department memo, dated Dec. 28, 1961, was released by Judicial Watch, a Washington-based organization that said it obtained it through a Freedom of Information lawsuit. According to the memo, the Massachusetts Democrat, younger brother of then-president John F. Kennedy, made arrangements to rent the brothel "for an entire night" in Santiago earlier in 1961. "Kennedy allegedly invited one of the Embassy chauffeurs to participate in the night's activities," according to the memo.

One State Department official described Kennedy as "pompous and a spoiled brat," according to the memo. Kennedy was making a fact-finding trip to several Latin American countries. "Kennedy met with a number of individuals known to have communist sympathies."

Kennedy was a 29-year-old assistant district attorney in Boston at the time of the trip. He was elected to the Senate in 1962 and served more than four decades until his death in 2009.

Kennedy's family members had no immediate reaction to the release of the memo. THE ASSOCIATED PRESS

Fashion. Police

▶ John Galliano arrives at a Paris police station.

MICHEL EULER/THE ASSOCIATED PRESS

He wears shame well

World-renowned fashion designer John Galliano faces accusations that he made anti-Semitic slurs during a dispute at a trendy Paris café.

Charges laid after threat to PM's home

A man is facing multiple charges after a midnight bomb threat against the prime minister's residence.

Police in Gatineau, Que., arrested a 35-year-old man early yesterday, hours after the phone threat was made.

Const. Julie Morel, an RCMP spokeswoman in Ottawa, said an investigation by the RCMP's protective detail determined there was no bomb.

Local police and general-duty RCMP traced the call via GPS to an apartment in Gatineau, just across the river from the prime minister's 24 Sussex Drive residence.

The man, who is known to police but whose name was not immediately released, faces charges of assault and uttering threats with regard to a standoff at his apartment.

The bomb-threat investigation continues. THE CANADIAN PRESS

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Canada wants Gadhafi to face trial

Canada says Moammar Gadhafi should be hauled before the International Criminal Court to answer for attacking his own people.

The call by Foreign Affairs Minister Lawrence Cannon yesterday came as the Libyan Embassy in Ottawa abandoned Gadhafi and pledged its "utter solidarity" with the pro-democracy uprising.

"We would obviously be in agreement — total agreement — with any resolution that came forward that would bring Gadhafi to the authority of the international court," Cannon said at a UN Human Rights Council meeting in Geneva.

He spoke after the chief prosecutor of the international court raised the possibility that attacks on civilians by forces loyal to Gadhafi could result in the Libyan strongman facing charges of crimes against humanity.

THE CANADIAN PRESS

▶ Libyan anti-government protesters mock leader Moammar Gadhafi yesterday during a rally in Benghazi.

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in rebuke of Libya

PATRICK BAZ/GETTY IMAGES

NATO says Libya a 'crisis at our doorstep,' notes UN resolution excludes use of armed forces and no-fly zone

The European Union slapped its own arms embargo, visa ban and other sanctions on Libyan leader Moammar Gadhafi's regime yesterday as part of an escalating global effort to halt a bloody crackdown on his critics in the North African nation.

The EU also was discussing the possibility of creating a no-fly zone over Libya.

U.S. Secretary of State Hillary Rodham Clinton went to Geneva yesterday to press EU diplomats, including Russian Foreign Minister Sergey Lavrov and EU foreign policy chief Catherine Ashton, for stronger action against Gadhafi's regime.

Ashton said the European measures, including a freeze on assets, aim to reinforce UN Security Council sanctions against Libya approved over the weekend.

ANJA NIEDRINGHAUS/THE ASSOCIATED PRESS

"This dictator family has to be financially dried up to stop them from hiring ever more mercenaries for a lot of money so they can attack the Libyan people. We must do everything so this murder ends."

GERMANY'S FOREIGN MINISTER GUIDO WESTERWELLE

The EU action is significant because Europe has much more leverage over Libya than the United States — 85 per cent of Libyan oil goes to Europe, and Gadhafi and his family are thought to have significant assets in Britain, Switzerland and Italy. Switzerland and Britain already have hit Libya with a freeze on assets.

Even before Ashton announced the new sanctions, France pledged to send two planes with humanitarian aid to Libya's opposition stronghold of Benghazi, while Germany also mulled a two-month cutoff of oil payments to Gadhafi's regime. This came after days of increasing concern about the hundreds, and potentially thousands, of deaths caused by Gadhafi's military resistance against the popular uprising in his country.

THE ASSOCIATED PRESS

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THE EVOLUTION OF SIBLING RIVALRIES

She says ...

JESSICA NAPIER

When I was a child I longed for a sister. A genetically identical comrade who would share my love of pink party dresses and understand Barbie and Ken's tumultuous make-believe romance.

Instead, I got a younger brother. He didn't want to play with my Barbie dolls; he was far more interested in decapitating them.

James — yes, we're one of those unfortunate pairs whose parents thought it would be cute to give us names that start with the same initial — was not a pretty playmate. He was a gross, annoying brat who kicked the back of my chair on road trips. A basement-dwelling creature who only emerged from his room to forage for food and roll his eyes at my high school awkwardness.

Of course, I was no angel. In any juvenile brother-sister dynamic it takes two to torment — and I had a smug first-born complex and a seriously bossy attitude.

Does any of this sound a bit familiar?

Unless you're an only child, in which case you probably have your own issues, I'll bet you have countless stories involving an insufferable brother or sister.

Siblings, it seems, are in constant competition for their parents' attention and acclaim. Inevitably, comparisons are drawn and children strive to live up to the labels they've been given — the "pretty one," the "smart one" and, of course, "the favourite."

"As siblings mature they do the unthinkable — they start to enjoy each other's company."

However, time goes on and the teasing and bickering starts to dissipate. As siblings mature they do the unthinkable — they start to enjoy each other's company. At some point we stop seeing them as our bratty little brothers and spiteful older sisters and we start thinking of them as adults.

Somewhere between the end of high school and our 20-something years, my brother and I called a truce; rivalry gave way to revelry and, eventually, we became friends. Yes, it turns out that my unbearable kid brother is actually terribly witty and pretty fun to be around, as long as we're not living under the same roof.

Occasionally, we regress — falling back into that childhood dynamic around the big family holidays, when stress levels are high and there's never enough wine on hand — but we've tamed our childish tendencies for the most part. And even though he still rolls his eyes at me from time to time, I've come to realize that I really do love him — like a brother, in fact.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Camera 'traps' rare rhinos

Worth mentioning

Endangered

WWF-INDONESIA AND UJUNG KULON NATIONAL PARK AUTHORITY/THE ASSOCIATED PRESS

Four of the world's most rare rhinoceroses were captured by camera traps installed in an Indonesian national park, an environmental group said yesterday.

The footage from movement-triggered hidden cameras showed two mother Javan rhinos and two calves in Ujung Kulon National Park in November and December last year, said a release from the WWF-Indonesia.

Javan rhinos are one of the world's most endangered species, with an estimated population of no more than 50 in Ujung Kulon. A few others live in Vietnam's Cat Tien National Park.

"This is good news to ensure that the population is viable," said Adhi Hariyadi, WWF project leader in the park.

The national park's chief, Agus Priambudi, said the footage provided substantial information about population dynamics of Javan rhinos, as well as feedback about survey and monitoring systems of the survival of endangered species.

Rhino numbers in Indonesia over the past 50 years have been decimated by rampant poaching for horns — used in traditional Chinese medicines — and destruction of forests by farmers, illegal loggers and palm-oil plantation companies.

THE ASSOCIATED PRESS

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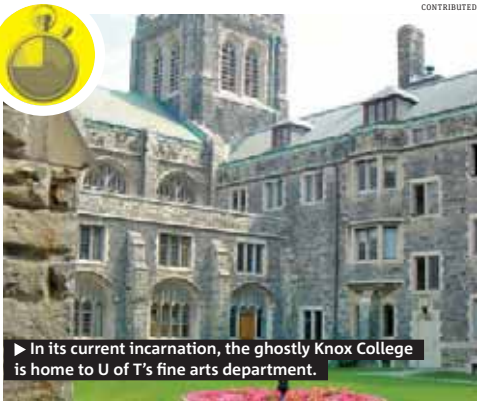

▶ In its current incarnation, the ghostly Knox College is home to U of T's fine arts department.

By day we're a bustling metropolis filled with busy, important people. But by night Toronto's spectres and spirits come out to reclaim their property. What's that? You don't believe in that sort of thing? Silly mortal. They're everywhere, and certain places lend themselves more readily to a good haunting. One such place is the University of Toronto's Knox College. The building's decaying Victorian gothic style inspires such ghostly stereotypes, which is why the former Presbyterian Church college has become a popular, albeit deadly, spot for modern ghost hunters. Perhaps eagle-eyed seekers may spot the ghost of Amelia Earhart, who worked as a nurse's aide before vanishing into the air. JORDANA DIVON

Surging GDP augurs well for 2011: Analysts

- December alone saw growth spurt of 0.5 per cent
- Pre-tax corporate profits came in at 41 per cent

Canada's economy was surprisingly hot at the end of last year, setting the stage for a fast start in 2011 that bodes well for jobs and other economic indicators.

The economy grew 3.3 per cent in the last quarter of 2010, a full point stronger than the Bank of Canada had predicted and faster than the 2.8 per cent advance posted in the United States.

Adding to the good news, Statistics Canada revised upwards the results of the third quarter to 1.8 per cent from one per cent, meaning the country finished the year with an overall 3.1 per cent increase in gross domestic product.

"On balance, this report stands up to careful scrutiny in signalling greater-than-expected breadth of growth in the Canadian economy," said Derek Holt, vice-president of economics with Scotia Capital.

There were three main ingredients to the strong quarter. Exports surged 17 per cent annualized, helping bring along manufacturing, which surprised on the upside, and consumer spending, which jumped 4.9 per cent.

Bank of Montreal economist Douglas Porter said the strong hand-off means the first quarter of this year should come in even better, at about 3.5 per cent. Porter and his forecasting group have joined the Royal Bank and Merrill Lynch in projecting a three-plus percentage growth for all of 2011, well above the Bank of Canada's 2.4 call.

But there were downside surprises in the GDP report. Inventory buildup fell, not usual during a recovery, and business investment in new machinery and equipment was flat, though the previous three quarters had been strong.

THE CANADIAN PRESS

Vested interest

The economy's strong showing could spur the Bank of Canada to raise interest rates sooner rather than later.

- The warning sign for the central bank is that any rate increases while the U.S. Federal Reserve stays on the sidelines will likely light a fire under the already hot loonie. That could snuff out the strongest performer in the economy: Exports to countries with falling currencies such as the U.S.
- For the time being, economists expect the bank to keep its overnight rate at one per cent, where it has been since September.

Hot. Brand

▶ Mike and Andy Priestman show off some of Nice PKG's snazzy gadget wrappers at their Concord, Ont., office, while dogs Titus and Stewart look on.

ANDREW WALLACE/TORSTAR NEWS SERVICE

For the tech geek with everything

As Mike and Andy Priestman have proven, the words "stylish" and "digital" don't have to be mutually exclusive. The brothers founded Nice PKG, billed as a "purveyor of fine digital accessories," in 2009. Since then, they have built a $1-million company by wrapping up laptops, phones and other tech stuff in natty bags, sleeves and cases.

WestJet, American link services

WestJet has signed an agreement with American Airlines that will allow both companies to provide connecting service on each other's flights to some cities. The Calgary-based airline said yesterday it will be able to offer customers connecting flights on American or American Eagle flights from Canada to Chicago and Boston; American Airlines will have connecting services to as many as 20 Canadian cities that it does not already serve. Financial details of the agreement were not disclosed. THE CANADIAN PRESS

Alberta changing the rules for oilsands cleanup

Alberta is changing its payment rules for oilsands cleanup, giving companies a short-term break, but ramping up the long-term costs they must pay.

Environment Minister Rob Renner said yesterday an announcement is less than one month away, and will accelerate the cleanup of land and water affected by oilsands mining.

"(The plan) is intended to protect the public purse, but also ensure there's progressive reclamation, so it's not left until the very end of the life of the mine," Renner told reporters.

The minister made the comments shortly after the opposition NDP released leaked documents of the plan, which the NDP labelled too little money delivered way too late.

NDP industry critic Rachel Notley said the documents show Premier Ed Stelmach's government — which has so far collected $1 billion in the cleanup fund — will let it stand pat for the rest of this decade rather than collect another $400 million as planned.

After that, says Notley, payments are to rise until the fund is worth $6 billion by 2030, despite cleanup cost estimates of $30 billion or more.

"At its very best, 20 years down the road, the government plans to ensure that Albertans will have about one-fifth of the security they require," Notley told a news conference.

"Albertans cannot trust this Tory government to stand up for their best interests when it comes to dealing with the energy industry."

Alberta's auditor general has been warning the government for more than 10 years that too little money is being pledged by oilsands giants to scrub sites where the land, water and wildlife may be contaminated.

The money is needed to ensure taxpayers are off the hook if an oilsands company won't do the cleanup or has gone out of business.

THE CANADIAN PRESS

JOHN ULAN/THE CANADIAN PRESS

▶ Ed Stelmach

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Labatt goes to bat for NHL sponsorship deal

Files court application Says league breached contract in awarding partnership to Molson Coors

Labatt dropped the mitts yesterday in its dispute with the National Hockey League and archrival Molson Coors, saying the league negotiated in bad faith during talks on a new sponsorship deal.

In a notice of application filed at the Ontario Superior Court, Labatt asked the court to toss out the league's new $375-million sponsorship agreement with Molson Coors. Labatt claims it reached a deal to renew its Canadian sponsorship with the NHL in November, but the league then signed a North America-wide contract with Molson Coors instead.

"The NHL … in bad faith and in breach of their contractual obligations, went behind Labatt's back to negotiate an agreement with the Molson Coors respondents for the rights Labatt has held for almost 13 years," Labatt alleges in its filing. The filing names four arms of the NHL, as well as Molson Coors Canada and MillerCoors. (MillerCoors is a U.S. joint venture of Molson Coors and SAB Miller.)

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Beer brawl brewing.

Labatt also said its agreement with the NHL was so solid that the league told other, unspecified third parties about it before it signed with Molson Coors. None of Labatt's allegations have been proven in court.

Labatt has been the league's Canadian sponsor since 1998. Each renewal of its agreement gave Labatt an exclusive window to negotiate a new deal before existing ones expired, according to the court filing.

Neither Molson Coors nor the NHL would comment on the allegations.

TORSTAR NEWS SERVICE

Metro expanding to two new cities

Metro Canada will launch newspapers in London, Ont., and Winnipeg on April 4. The new editions join seven other Canadian cities and more than 100 major centres around the world.

"It is exciting to see the demand for Metro continue to grow with both readers and advertising partners," Bill McDonald, president and publisher of Metro English Canada, said yesterday.

Paper chase

- Winnipeg is the eighth-largest census metropolitan area in Canada, with a population of 750,000. London is the 11th-largest CMA, with a population of 490,000, according to Statistics Canada.

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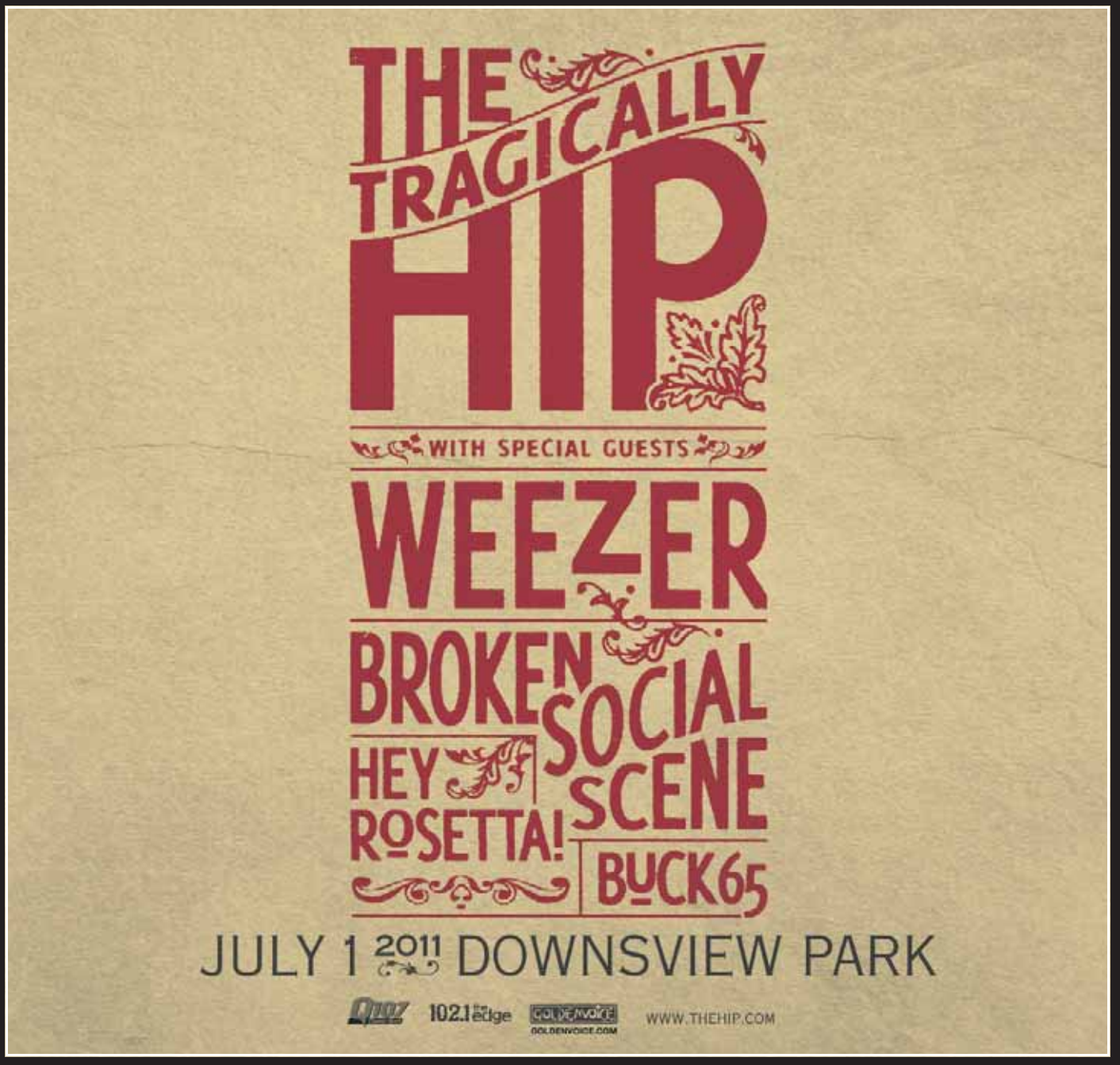

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2 scene

HANDOUT

▶ Ken Finkleman, left, best known for his work on The Newsroom, is back with a new comedy series Good Dog, which debuts Sunday on HBO Canada.

Finkleman looks for truth in Good Dog

Creator of The Newsroom gets back to his neurotic self in new comedy
Satirist inspired by daily life and taking simple situations to the extreme

STEVE GOW
SCENE@METRONEWS.CA

If there's one thing you can say about the star and creator of award-winning TV series The Newsroom, it's that Ken Finkleman has been ahead of his time. And now the mind behind that acclaimed satire is finally back to form with Good Dog.

"What influenced (this series) is simply my daily life," said Finkleman about the show that will debut Sunday on HBO Canada. "Something small happens and then the character tries to either take advantage of that or cure that ... and in meddling with (it), you get into trouble."

If that sounds Curb Your Enthusiasm-esque, don't be surprised to find the pilot episode addressing that issue. Besides, The Newsroom made its debut in 1996 so some may argue that Finkleman's neurotic archetype preceded Curb's Larry David — a character that Finkleman might have a tough time separating from his own off-screen psyche.

"Everything I do is in search of some kind of truth and ... it's stuff that goes through my head that I might not act on," explained Finkleman. "(But) you let it out in a comic format and maybe you find some kind of truth and so you could, for lack of a better word, call it the id."

While Finkleman denies enjoying much about the process of writing (or filming for that matter), he does concoct some comical situations involving a compulsive, older man dating a "trophy girlfriend." And while he has devised a clever series, the pain of the art is definitely not lost on the artist — as explained with a simple analogy.

"My ex-wife is a judge and I think she likes it very much," said Finkleman. "But guys have to gun other people down before she can enjoy her work."

Quotes

- **What inspires Ken Finkleman's work:** "I just don't want to be a useless person hanging out doing nothing all day — it would be embarrassing and if people found out you'd have a hard time trying to hold your head up."
- **Finkleman on why his characters are all named George:** "(It's) the same guy moving from one series to the next and also kind of falls into the same traps. (Which is the) comic trap from The Honeymooners, where his reach exceeds his grasp."

Scene in brief

NBC says Miley Cyrus will be making her first appearance as guest host of Saturday Night Live this week.

The network said yesterday that the multiplatinum-selling singer will be joined by musical guests The Strokes.

A week later on March 12, Zach Galifianakis makes his return visit to SNL as guest host with musical guest Jessie J.

Galifianakis stars on the HBO comedy series Bored to Death. He has just finished filming The Hangover 2.

THE ASSOCIATED PRESS

Nelly Furtado, who was paid $1 million to perform for Gadhafi clan, says she will donate money. Scan code for the story.

Chatwin jumped at coming home to film Funkytown

Justin Chatwin may have found his way into Hollywood with movies like Steven Spielberg's War Of The Worlds, but the actor recently told Metro that he's long hoped to work in Canadian film.

"When I was starting out I couldn't get into the indie filmmaking scene in Vancouver because it's very tightly knit, so I tried my luck in Los Angeles and had some success. But my goal was always to come back to Canada and make films," admitted Chatwin. "I'm not an ex-pat, I'm very patriotic. So when I read the script for Funkytown and it looked like a bold and challenging role, I immediately signed on."

Chatwin stars as the sexually confused Tino in Funkytown, a cocaine-fuelled exposé of the volatile '70s Montreal disco scene. The movie is a dark, yet vibrant look at a forgotten time, revelling in the bad behaviour, music, and fashions that defined the era.

HANDOUT

▶ Justin Chatwin stars in Funkytown.

Chatwin plays a closeted gay man with little hope of acceptance who inevitably experiences his fair share of abuse. However, the actor jokes that aspect of the role was hardly his greatest challenge.

"For me, it wasn't the conflicted emotions or violence that was difficult because I've done that. I hadn't ever danced my face off on film before and you really have to put your ego aside when you do that," he said.

Funkytown debuts outside of Quebec on Friday, marking a big week for the actor who also just learned that his cult Showtime series Shameless has been renewed for a second season. Chatwin describes the show as a career highlight and also notes that it has been one of his most difficult projects to shoot.

"We film all of the exterior shots in a genuine ghetto and every single night that we filmed there someone was shot." PHIL BROWN

DVD Releases this week Buy it | Rent it | Borrow it | Yawn | Don't bother

Megamind
Genre: Animation
Director: Tom McGrath
Stars: Will Ferrell, Jonah Hill and Brad Pitt

Megamind isn't so much a movie as it is a pop cultural pile-on.

This animated superhero parody makes so many zippy references to film, music and other mass obsessions, it's like watching stand-up comedians trade riffs with each other on a Just For Laughs stage.

With the exception of Brad Pitt, who is capable of hilarity, most of the principal voices actually are veteran stand-up and/or sketch comics.

Will Ferrell is the titular villain, a big-domed blue genius who just wants the world to obey him — or else. Pitt is Metro Man, a flying hunk who defends truth, liberty and the American way in a concrete burg called Metro City. PETER HOWELL

127 Hours
Genre: Drama
Director: Danny Boyle
Stars: James Franco, Amber Tamblyn and Kate Mara

If you really think about it, this is a black comedy, although you definitely shouldn't go to this Danny Boyle wonder expecting a yukfest. It's often hard to watch, especially that scene where James Franco, playing Colorado adventurer Aron Ralston, is obliged to cut his arm off to escape an unyielding boulder.

All the same, if you have an appreciation for the cruel absurdities of life and the ability to rise above them, then 127 Hours is the ultimate Road Runner cartoon. Franco's Ralston is a real-life Wile E. Coyote, trapped by a boulder made not by Acme Inc., but rather by the mischievous gods of fate.

Boyle could have milked the scenario for maximum drama and pathos. He doesn't shy away from the grim or visceral but he's never been one for cheap tears. PETER HOWELL

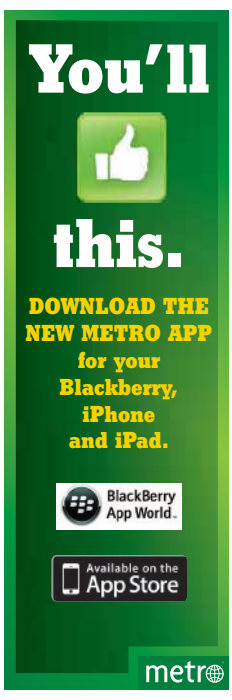
Burlesque
Genre: Drama/Musical
Director: Steve Antin
Stars: Cher, Christina Aguilera and Alan Cumming

Snobs, cynics and hussies will try to tell you that Burlesque is a farrago of atrocious acting and worse singing.

Point granted on the singing, especially when Christina Aguilera is in full bovine belch as a frustrated Iowa farm girl who moves to Los Angeles to find her inner slut. One blast of her mighty pipes could stun an advancing bull moose at 50 paces.

But the knock against her acting is a damnable lie, and the same goes for her co-star Cher. Simple logic insists that superhuman thespian abilities were required to maintain a straight face when negotiating such farcical material.

You try being Cher's Tess, co-owner of the titular Burlesque Lounge, which promises "the best view on the Sunset Strip," then fails to deliver. She's a fleshpot Norma Desmond — and working on Sunset Boulevard! PETER HOWELL



'Raccoon Whisperer' charged again

An unidentified man remains in hospital this morning after receiving what he calls the beating of his life. According to the police report, the man sustained injuries from being beaten about the head and shoulders with a 13 album, career-spanning box set of the band 'Movable Dogs'. Why the strange weapon? It seems the man brought home one too many illegal copies of the album, and clearly had

of his life. According to the police report, the man sustained injuries from being beaten about the head and shoulders with a 13 album, career-spanning box set of the band 'Movable Dogs'. Why the strange weapon? It seems the man brought home one too many illegal copies of the album, and clearly had

normally associate with the middle of July. During the final playoff game of the local peewee division hockey league, the venue's heating systems from finishing the pivotal game. The championship. The scene at Newbery Arena was one you'd normally associate with the middle of July. During the final playoff game of the local peewee division hockey league, the venue's heating system malfunctioned and melted the ice in record time. But the rapidly rising temperature inside the arena didn't stop these

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Lohan to pose nude: Report

While struggling for a comeback between court appearances, Lindsay Lohan has reportedly signed a $3 million deal to pose nude for a new book by photographer Terry Richardson, according to the Daily Mirror.

"Lindsay is struggling to get another break in Hollywood. There's a stigma attached to working with her and she is determined to change this — starting with the photographic book," a source tells the newspaper.

"Terry Richardson has persuaded Lindsay and James (Franco) to get involved. He has assured them it will be provocative but tasteful. There will be a lot of nakedness — some of it graphic and suggestive — but it will be a real statement book." METRO

PAUL BUCK-POOL/GETTY IMAGES

▶ Lindsay Lohan

Celebrity tweets

Elijah Wood [@woodelijah] i love eggs. i love them on pizza, scrambled, poached, fried, steamed, green, sunny side up, over rice, on a burger...

Kanye West [@kanyewest] Don't ever try to sell me on anything. Give me ALL the information and I'll make my own decisions.

Kelly Osbourne [@MissKellyO] My mum keep yelling brixton ya can't take a lady away from her roots!!!!

Steve Martin [@SteveMartinToGo] Home from the Oscars. I enjoyed working with Anne Hathaway. Never knew she was Shakespeare's wife. METRO

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3 life

Daily Squeeze

Larry Track, a leading fitness trainer, owner of Track Fitness in Toronto and a contributing expert at DailySqueeze.ca gives his advice on how trends come and go, but which ones can you trust? Read his five "rules" you shouldn't second-guess and why at metronews.ca.
METRO

The American Academy of Pediatrics wants teenagers banned from tanning salons to reduce their risk of skin cancer.

Weighing the future of video game fitness

Metro's Heather Buchan is put through the paces of both the real world and virtual workouts

HEATHER BUCHAN
LIFE@METRONEWS.CA

JOHN R. KENNEDY/FOR METRO

▶ Heather Buchan worked out with a trainer and Ubisoft's Your Shape Fitness Evolved to weigh the differences.

Two weeks after embarking on a quest to determine whether Ubisoft's Your Shape Fitness Evolved for Xbox Kinect — a fitness-simulation program that displays your image on the TV screen and tracks your movements in real time while you follow a virtual personal trainer — will negate the need for gym memberships in the future, my verdict is in.

And the answer is no.

Despite Your Shape's advanced technology — a Kinect sensor measures your height and limbs and then projects a digital image of you, albeit not a very flattering one, on the screen as you work out — it can't compete with the experience and results of working out at the gym with a trainer.

For starters, Your Shape doesn't gauge your level of fitness, strength and flexibility as effectively as a real personal trainer can. To develop your profile, the game asks a few standard questions — age, weight, gender and lifestyle — whereas at the gym, I underwent a full hour of initial testing in order for the trainer to precisely capture my fitness level.

Although Your Shape offers a good variety of cardio, sculpting and toning classes, working out in my basement in front of the TV just can't substitute having a real trainer continually motivating me to bend deeper, push harder or do one more rep.

In fact, I began to feel somewhat like a robot in front of the TV screen, whereas during my one-on-one sessions at Toronto's Pure Fitness, certified personal trainer and registered dietician Nanci S. Guest continually pointed out, when I was ready to give up, that the last rep should be hard to finish; that's when you know you're creating change in your body.

Half the battle of working out is mental, after all, and it certainly helps to have someone right beside you pushing you the entire way through.

Nanci also asked me to keep a food diary, recording everything I put into my mouth for one week.

I automatically became more careful of portion sizes and unhealthy foods I was consuming when I had to actually track it all.

Having a personal trainer at the gym also kept monotony at bay.

No two sessions were alike. Nanci would constantly change up the sets, reps, weight and exercises, which kept my interest but also provided results, since muscles burn more calories when they're being challenged with something new and unfamiliar.

On the upside, Your Shape, allowed me to work out in the convenience of my home when my baby was napping, without having to organize babysitting.

However, if you're not fitness inclined, Your Shape certainly won't motivate you to get off your couch.

I see it more as a supplement to the gym for fitness buffs, but certainly not a replacement.

In the end, those last 12 post-baby pounds still loom, but I feel stronger and have more stamina after two weeks of working out with Nanci and Your Shape.

The road to post-partum weight loss may be longer than I anticipated, but the end is now in sight.

Follow her

Look back on Heather's adventure online.

Web You can read all of Heather's adventure through the world of video game fitness on metronews.ca.

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Infertility's pain

Research finds painkillers may thwart conception

CELIA MILNE
LIFE@METRONEWS.CA

ISTOCK

▶ Research out of Quebec has found a link between painkillers and infertility.

Over-the-counter painkillers could be keeping you from conceiving.

Millions of women reach for Aspirin, Advil or Anaprox when they have aches and pains, including menstrual pain. But taking these pills on a regular basis may disturb the work of important chemicals responsible for reproduction, says Dr. Michel A. Fortier.

"Do not expect to become pregnant while taking these," says Fortier, a professor in the faculty of medicine at Laval University in Quebec City.

After many years of research, Fortier has found that a family of chemicals called prostaglandins are crucial for conception. Prostaglandins are hormones of fine tuning in various parts of the body.

They help inflammation, pain, fever and blood clotting, and protect the lining of the stomach from acid damage.

They also help control vascular pressure, uterine tone, and bone absorption. However, along with these benefits there are risks. NSAIDs (non-steroidal anti-inflammatory drugs) block the good prostaglandins that women need to conceive, says Fortier.

This scientific knowledge has been so recently linked that many doctors may not connect the two when a woman suffers from infertility.

"If your pain is not a threat, reduce your use of NSAIDs for sure if you want to be pregnant," he says.

Taking painkillers for one or two days to control menstrual pain is not likely to affect fertility, but taking them frequently over long periods of time may cause women to ovulate late, too late for her eggs to be fertilized.

However, don't fret. Fortier says that if you stop taking these drugs, the problem should reverse.

Thoughts on... Rest

ADVICE At times, it can seem that life dictates we stay busy. The truth of the matter is that we need to build the appropriate amount of time to rest and renew into our days. Personally, I find that taking a break and resting is one of the best ways to become rejuvenated and productive.

However, many feel guilty about resting in the first place.

Taking a rest doesn't mean you are lazy or wasting time.

No. It's something that our body and mind need. Therefore, the next time you are feeling fatigued, overwhelmed, stressed, or even frustrated — take a rest.

Give yourself permission to rest and enjoy. There's no substitute for rest — get plenty.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

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Learn to walk in her shoes

Ramona Braganza takes on CARE's latest challenge

Celebrity fitness trainer Ramona Braganza, best known for sculpting Hollywood bodies, including that of Jessica Alba and Halle Berry, recently has taken on her latest challenge: CARE Canada's Walk in Her Shoes.

Music is a walkers' best friend

As I keep training for Walk in Her Shoes, I'm finding that while I enjoy walking in silent meditation at times, I also really enjoy having my iPod with me.

I update and add to my playlist on a regular basis and right now I really love Lady Gaga and old school songs.

I also enjoy using the songs as interval training — alternating fast and slow songs can help me pick up, or slow down, the pace.

METRO WORLD NEWS

As a former NFL cheerleader (and having danced my whole life), music is a big part of everything I do.

Don't forget to warm up

A few quick warm-ups I do before each training session includes: neck-rolls, arm circles, quad stretches, leg swings and toe raises. Warming up gets the blood and oxygen to the muscles, preparing you for the start of an activity and preventing possible injuries.

The Fuel to Move

Whenever you plan to walk during your day make sure you are fuelled up first.

If you are planning to walk in the morning make sure you allow time to eat a little something half an hour before. Here are some easy suggestions: Yogurt, a protein bar or shake or some fruit like a banana.

Not only will these foods give you more energy but they will help jump-start your metabolism.

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More Care

Want to get involved? Here's what you need to know.

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There's more to this sushi spot than maki

Aki Da Seafood House offers up exotic — and affordable — choices

LUNCH RUSH

STEPHANIE DICKISON
FOOD@METRONEWS.CA

STEPHANIE DICKISON

Despite its thick layer of panko, the Maki Combo at Aki Da Seafood House still wins.

You might think of every sushi place as having tons of seafood, but Aki Da has more of the unusual variety — horse mackerel and spotted sardine, to name just two.

There are also some exciting offerings such as grilled live oysters topped with crabmeat, garlic and cheddar cheese, raw tuna with quail egg and lobster tail tempura.

So we dive right into the affordable lunch specials: Seafood & Vegetable Tempura ($9.95) and the Maki Combo 1947 ($9.95).

Ah, this is how tempura should be done: piping hot, light and oh-so-crisp with succulent seafood and tender veg within.

Despite the obscenely thick layer of panko (Japanese breadcrumbs) covering my Queen St. Roll (Yellow Tail Tempura) and Crispy Spicy Butter Fish Roll, the fish is incredible.

The quality of seafood is staggering for these prices. And with these portions, you'll be rolling yourself out the door.

Aki Da Seafood House
1911 Queen St. E.
416-691-2788
akidasushi.com
Reservations: No
Rating: 4.5 out of 5

ISTOCK

Sausage and Rice Chili

Yields: 4-6
Prep time: 15 mins
Cook time: 20 mins

EMILY RICHARDS
FOOD@METRONEWS.CA

Preparation:

1. Remove casings from sausages. Cook in pot over medium high heat for about 5 minutes or until no longer pink.
2. Reduce heat to medium and add oil. Add onion, garlic, chilli powder and oregano and cook for about 5 minutes. Add rice and stir to coat. Add tomato sauce, chicken stock and water; bring to boil. Add beans, green pepper and pepper. Cover and simmer, stirring occasionally for about 15 minutes.

Ingredients:

- 3 mild Italian sausages (about 12 oz/375 g)
- 2 tsp (10 mL) olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 tsp (10 mL) chilli powder
- 1 tsp (5 mL) dried oregano leaves
- 1 1/2 cups (375 mL) Italian style or arborio rice
- 2 cups (500 mL) marinara pasta sauce
- 2 cups (500 mL) chicken stock
- 1 cup (250 mL) water
- 1 can (19 oz/540 mL) red kidney beans, drained and rinsed
- 1 green pepper, chopped
- 1/4 tsp (1 mL) pepper

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Emeril discovers the secrets of the originals

Emeril Lagasse, who knows something about longevity in the food world, will dissect the secrets of success of historic restaurants on a new television show.

Called The Originals, the show will begin airing in May on the Cooking Channel, Lagasse said.

"Everybody's doing something new, so I'm doing something old," he said.

"I'm going to restaurants around the country that have been in business 50, 75, 100 years. Places that are still in business, and are doing it right."

One of the earliest stars launched by the Food Network, Lagasse sold the rights to his franchise of books, television shows and kitchen products to Martha Stewart Living Omnimedia Inc. in 2008.

After taking some time off, he's kept busy with a variety of projects: In addition to The Originals, Lagasse has a new cooking show in the works for the Hallmark Channel, a 16th cookbook coming out in the fall and "three projects on the drawing board" at his various restaurants.

Working for Stewart has been a "great journey," Lagasse said.

Stewart is a valuable sounding board but has also given him the freedom to pursue his own projects, he said.

"The support system of not only the Emeril team but the support system of Martha's team has been incredible," he said.

"We can do things very quickly."

Lagasse writes a monthly column for Stewart's Everyday Food magazine about cooking with his young son and daughter.

He said getting kids to enjoy a variety of healthy foods starts with setting a good example, in addition to involving them in the cooking process.

Though his column often focuses on easy, weeknight recipes for busy families, Lagasse is encouraged that more parents appear to be making cooking with their kids a weekend activity.

"I see more parents not only cooking for friends and family, but I see more parents taking time to do something interactive with the family," he said.

Though his new show will look at restaurants that opened decades ago, Lagasse said he doesn't spend much time reminiscing about his own past.

"I can't look back and say, 'That was great'. I've got to look forward and say, 'What's greater?'"

THE ASSOCIATED PRESS

J PAT CARTER/ THE ASSOCIATED PRESS

Emeril Lagasse returns to TV in May with a new show.

AFTER 7 YEARS, IT MAY BE TIME TO MOVE ON

Two Sisters

ANDREA & CLAIRE

RELATIONSHIPS @METRONEWS.CA

I have been dating my boyfriend for almost seven years. We are both in our early 20s and have known each other since middle school. I'm debating if I should continue with him because it seems it is taking him too long to do couples things, such as travelling or anything special, with me. And we only do stuff on Valentine's Day if I plan something. He is going through this thing where he wants to be able to go out with his friends but he still wants me around. We are best friends but I don't know what to do. Do you think I'm wasting my time and should move on, or continue and wait to see what happens?

Andrea: Dear practically-married-to-high-school-sweetheart, I can assure you that the past seven years of your life haven't been a waste, but the next seven depend on you.

What are you waiting for? Last I checked, there isn't a magical-fairy-script writer who flies in and turns your relationship into a romantic comedy.

Relationships take work, and you have yours cut out for you.

You're the long-term girlfriend of a 20-something male, which means that you're about as exciting to him as a dental appointment.

For him to really feel motivated and treat you like a woman, you have to create the incentive.

Have you been acting more like a friend than a girlfriend? If so, try changing up your image to smouldering female.

Have you been compromising on your alone time together for the sake of his time with friends?

Stand up for yourself and your ideas.

If he's still unwilling to woo you every now and then, it's time to graduate to a guy who can.

Claire: Dear early 20s, one of the benefits of being a 30-something single mother who's lived around the world is wisdom. So here it is: you can't change his behaviour, so change yours.

Neglect him back and stop being so available.

Don't reach out in any way. If he gets in touch, answer him, but don't ask about him, or seek him out in any way. But don't do this out of anger or bitterness.

Reclaim the parts of your life he used to fill.

Do your own thing, make plans with your friends, and don't change your plans to fit him in when he does come crawling back (unless he's having a heart transplant).

You two have grown up together, so though it used to be OK to make him the centre of your world when you were teenagers, it's time to review your priorities and give more time to your dreams and your future.

If this doesn't work, then you've learned another valuable piece of painful wisdom: people don't (often) change.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

David Li, MD '06

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PRACTICING: Toronto, ON Family Practice Physician

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HOMETOWN: Montreal, QC
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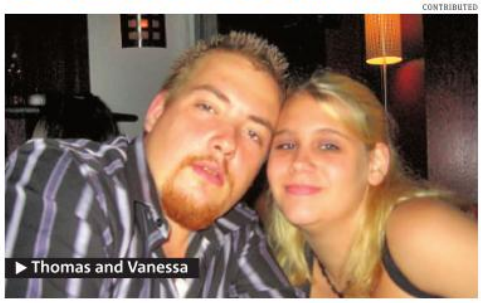

▶ Thomas and Vanessa

Names: Thomas, 25, and Vanessa, 23

Current city: Dartmouth, N.S.

Together since: 2005

Their story:

I (Vanessa) first met Thomas in an online chat room when I was in my first year of high school.

I lived in Halifax and he lived in Oxford, N.S. — about three hours away.

We always talked about getting together and meeting but never did.

When I was in my second year of high school, Thomas moved out west and we stopped chatting.

We had no contact for four months, but then the day before I started Grade 12, he happened to pop online and we started chatting again.

He told me he was in Halifax and wanted to get together to finally meet.

We agreed to get together for coffee the next morning before school.

We had seen each other's pictures, but had never actually seen one another in person.

I'm so glad I agreed to meet with Thomas that day — we sat and talked for three hours! Six years later, we are happily married and have two beautiful daughters.

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

Ease into investing

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

So you've just topped up your RRSP, or if you've been a particularly good boy or girl you've been adding to it all year. Well done! And if you've just made your first ever RRSP contributions, congratulations!

If you haven't already received it you'll soon get a phone call, gently pressuring you to do something with the money (i.e. invest it in stocks or mutual funds).

If you've got your money sitting uninvested in an RRSP, especially the no-fee variety, the financial institution isn't making any money. Hence the pressure.

My advice is to tell them to stuff it into a low fee high-interest savings account or GIC, until you know for sure what to do with it. (And please don't write telling me there's no such thing as a high-interest savings account. You know what I mean.)

As far as I'm concerned there's no rush whatsoever to make up your mind. I've rarely seen anyone who hurries into an investment do well. Usually they end up sorry. Sometimes very sorry.

Let's say you were talked into buying a selection of technology stocks, or one or more technology mutual funds in 2000 before the technology-laden Nasaq composite index hit its market peak of 5,132 on March 10 of that year. Legions were, and the pressure to catch hold of the technology rocket was intense.

Then the Nasdaq dropped 78 per cent by the end of 2002. Today almost 11 years later the index has recovered to just a little more than half of its peak. Many portfolios still haven't come back that far.

This is an extreme example that can't happen again, right? Heard about the U.S. subprime financial implosion?

That was a made in the U.S. problem, which we were supposedly well insulated from.

Even so the TSX dropped almost 50 per cent from its highs of the summer of 2008 to the new year of 2009.

The moral of the story; never be rushed into investing you're not sure you want and don't understand the implications.

▶ Don't rush into investing your RRSP, regardless of pressure from the bank.

Money matters

Be warned:

- It can take a decade, or more, for an unbalanced portfolio to recover from a precipitous stock market drop.

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

REDUCE MY TAXES!

The two most common ways to minimize taxes, legally of course, are to invest in tax-advantaged savings plans such as RRSPs and TFSAs.

Nearly anyone can have an RRSP. It is, by far, the most utilized tax-reduction tools for Canadians. Individuals can contribute up to 18 per cent of their earned income through RRSP contributions, up to $22,000 per year (indexed), and the limit can sometimes vary depending on your pension program at work. These contributions are fully tax deductible and they grow tax-deferred until withdrawal.

The Tax Free Savings Account (TFSA) allows you to grow your money tax free. So, when you withdraw the funds, which you can do without penalty at any time, you don't pay tax on capital gains, dividends, trust distributions or interest earned. On the flip side of this, capital losses within the plan are not tax deductible and dividends aren't eligible for the dividend tax credit. You can contribute up to $5,000 annually (indexed).

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L'Oréal Professionnel is searching for Canada's undiscovered faces. You can become a member of **L'Oréal Professionnel's** model portfolio and participate in top hairdressing events for 2011.

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Location: L'Oréal Academy, LP room, 20 Richmond St., 7th floor, Toronto, M5C 2R9

Models participating in the events will also receive a remuneration.
The first event will take place on March 27th 2011 (more details will be given during the selection).
45724_0218

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- Canada currently boasting more than 826,000 female entrepreneurs, according to StatsCan
- Direct selling positions appealing to women seeking out flexible and profitable employment

Women at the top of the business world

Women entrepreneurs are one of the fastest growing segments of the Canadian economy and represent a growing economic force, according to recent findings.

A report on Canada's business scene by the Canadian Imperial Bank of Commerce shows a 50 per cent increase in the number of self-employed women in Canada over the past 15 years.

$18B

According to Statistics Canada, the 826,000 women entrepreneurs in Canada annually contribute more than $18 billion to the country's economy.

"No matter what happens in the economy, I know that with my business I have something I can control."
COURTNEY HAANEN,
SELF-EMPLOYED LEADERSHIP REPRESENTATIVE

According to Statistics Canada there are now more than 826,000 women entrepreneurs in Canada who annually contribute in excess of $18 billion to Canada's economy.

The rate of growth of businesses run by women entrepreneurs is 60 per cent faster than those run by men, as four out of five new businesses are now started by women.

According to Ross Creber, president of the Direct Sellers Association of Canada, a lot of women are choosing to branch out on their own in an effort to find a better balance between the demands of work and family.

Many of them, he says, are choosing to start a new business in the direct selling industry so that they can enjoy the flexibility of being their own boss and the freedom of setting their own hours.

When Courtney Haanen's husband was laid off for the second time, she turned to direct selling to help support her family.

With a two–year–old to care for, Haanen needed to be able to work from home with flexible hours.

ISTOCK

▶ According to recent data, four out of five new businesses are started by women.

After drawing up a list of requirements, she chose Avon and within a month, Courtney saw that her business choice was meeting her expectations.

"I started telling girlfriends who were home with their kids about what I was doing and I started building my team."

Avon sales representatives in particular are self-employed and receive up to 50 per cent earnings on the goods they sell.

Althought some choose to just work around part-time jobs, Haanen became a leadership representatives, recruiting and training other sales representatives.

"My bonus arrived at the perfect time. It paid for our family's Christmas.

"No matter what happens in the economy," Haanen adds, "...With a second baby on the way, I'm confident we'll be OK."

NEWS CANADA

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App helps kids keep chompers neat and clean

Crest and Oral-B join forces in mobile app creation
Timed game aims to teach tweens about proper teeth-cleaning

Establishing good oral care habits from a young age can help Canadians to keep their teeth healthy for a lifetime.

For tweens especially — children between the ages of eight and 12 — it's a particularly important age when they begin developing their own personalities, style and habits.

To help make brushing more fun for tweens, Crest and Oral–B have created a smartphone application to encourage them to look after their teeth.

Called Yuck Mouth, this free app is designed to help tweens and their parents have fun learning about proper brushing, flossing and rinsing.

The timed game first has users pick a smile image then decide which oral health tools should be used to fight off gross food stuffs or odours that can cause a mouth to be yucky.

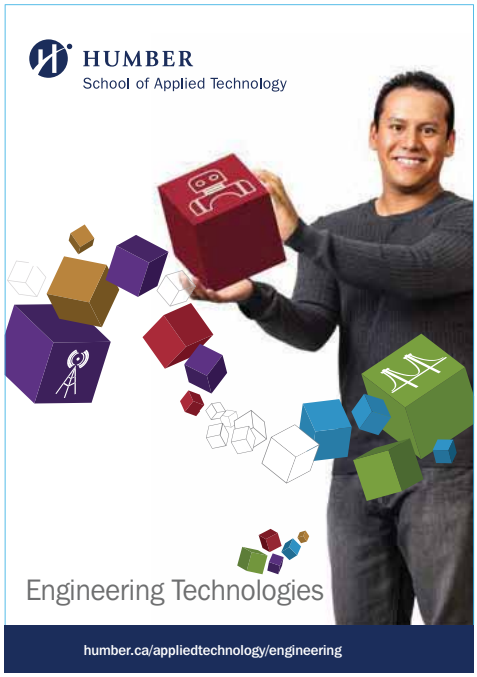
This coincides with the launch of the new Crest and Oral–B Pro–Health FOR ME lineup of products designed specifically for tweens.

Octopus causing bad breath? Rinse it away with Crest Pro–Health FOR ME mouth rinse. Broccoli stuck in your teeth? Brush it away with Crest Pro–Health FOR ME anti-cavity toothpaste. For those without a smartphone, Yuck Mouth is also available as a free online game.

"Tweens have unique oral care needs, but can sometimes need a little help following the rules," says Dr. Janet Tamo, consulting dentist to Crest and Oral–B.

"If there's a fun way to get tweens to listen and learn good oral care habits, like Crest and Oral–B's Yuck Mouth app, I'm all for it."

The Crest and Oral–B Pro–Health FOR ME lineup includes toothbrushes that are just the right size for older kids' mouths, and a toothpaste and rinse in flavours for tweens — all in unique packaging that's cool enough for this age group.



The Yuck Mouth smartphone app is available through iTunes and Android Market.

The online game can be found at crestprohealth.com.

NEWS CANADA

ISTOCK

As kids start to develop their own habits, new programs may help ensure oral hygiene is among them.

Are you a student thinking of pursuing a career in accounting or finance? Test your knowledge on Facebook

FLICKR/SFFOGHORN

Facebook may be able to foresee your future in finance.

Students can put their minds to the test with a new Facebook brain teaser currently being offered by Certified General Accountants of Ontario.

The test, entitled Mind Master, is designed to reach out to post-secondary students who are considering a future career in accounting and finance.

The page features a fun and interactive application that will test students' ability to problem solve and think strategically.

A new Mind Master question is issued every Monday and Thursday.

Students are able to track their test performance through a personalized Mind Master report card.

Players can also challenge their Facebook friends to play Mind Master and track performance against each other.

Students who play Mind Master will be given the chance to win monthly prizes, including a $2,500 scholarship to the CGA program of professional studies and much more.

Don't forget to spread the word to other college and university students who may be interested!

NEWS CANADA

Brain buster

Give Mind Master a try and see what you're made of.

- Go to facebook.com/cgadomore and select the Mind Master page.
- Get more information about CGA at cgadomore.org.

For more lifestyle news, go online to metronews.ca

Eco-conscious in the classroom

Take in some top-notch green tips that will keep your kids helping the Earth while hitting the books

From planting organic vegetable gardens in the playground to campaigning for litterless lunches in the cafeteria, young students across Canada are embracing the crusade to protect Mother Earth.

Waste reduction in schools is an important part of creating a greener community, and many children and teachers are implementing creative initiatives to reduce their school's carbon footprint.

Charities, like TD Friends of the Environment Foundation (TD FEF), are helping to support these projects.

"Spring is about new beginnings, so why not reduce your impact by organizing a 'walking school bus' in your neighbourhood or encouraging your children to decorate old school folders instead of buying new ones," says Mary Desjardins, executive director, TD Friends of the Environment Foundation.

TD FEF has compiled its top tips on how kids can reduce, reuse and recycle at school this spring:

- **Encourage your youngster to walk, ride their bike or take the bus to school if old enough**
- **Carpool to sports games and other activities**
- **Reuse old school supplies and buy recycled paper, notebooks and folders**
- **Use a lunch box instead of paper bags, reusable water bottles and avoid prepackaged snacks**
- **Ask your child's teacher if they could email homework and notes home instead of wasting paper**
- **Encourage your children to join or start an environmental club at school**
- **Ask your child to turn off their computer and monitor when they finish their homework**
- **Use TD FEF's One Minute Carbon Calculator to teach your kids about their environmental footprint**

NEWS CANADA

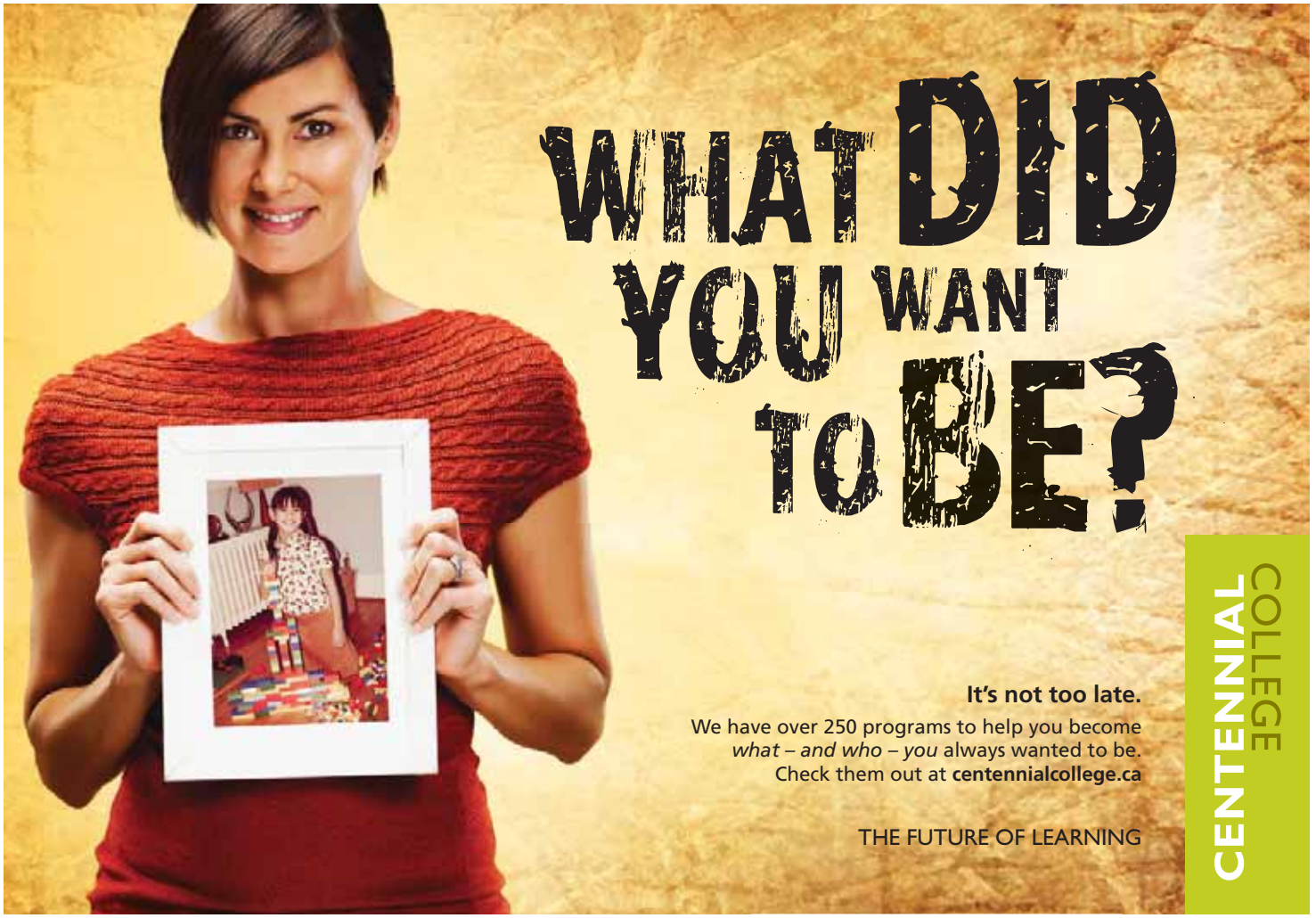
Green group

In the last 20 years, TD FEF has provided funding for nearly 4,000 environment and wildlife initiatives carried out by schools across Canada.

Schools interested in submitting a request for financial support can visit tdfef.com for more information.

FLICKR/WOODLEYWONDERWORKS

▶ Planet Earth could use a little tender, love and care.



Big names stay put at deadline

Oilers trade Penner to Kings in one of the few major deals of the day

The rumours in recent weeks had Dustin Penner going just about everywhere, but it was the Los Angeles Kings who ended up snagging the big scoring forward from the Edmonton Oilers before the NHL trade deadline yesterday.

The Oilers got defence prospect Colten Teubert, a first-round draft pick in 2011 and a conditional 2012 second rounder for the 28-year-old Penner.

It was the biggest move of an interesting, but not very active, deadline day that also saw the Washington Capitals pick up veteran centre Jason Arnott from New Jersey and defenceman Dennis Wideman from Florida.

The Panthers were the busiest team, moving four players — Wideman, Radek Dvorak, Bryan Allen, Chris Higgins — to go along with the three they had already dealt away in recent days. But they didn't deal goaltender Tomas Vokoun, who can become an unrestricted free agent July 1.

Dallas Stars centre Brad Richards also stayed put.

The Vancouver Canucks bolstered their depth by picking up two former Montreal Canadiens, Higgins and Maxim Lapierre, while Ottawa sent defenceman Chris Campoli and a conditional 2012 pick to Chicago for prospect Ryan Potulny and a second rounder. The Senators also claimed goalie Curtis McElhinney off waivers from the Tampa Bay Lightning.

35
In all, 35 players and 12 draft picks changed hands in the 16 deals made before the 3 p.m. ET cutoff, the lowest total since 23 players were dealt in 12 transactions on deadline day in 2000.

The six-foot-four, 245-pound Penner still owns a home in California from his time with the Anaheim Ducks, with whom he won a Stanley Cup in 2007.

The Winkler, Man., native arrived in Edmonton the following season, sporting a $21-million US, five-year contract that has one more season to run. After scoring 23 goals in his first campaign with the Oilers, Penner dipped to 17 in 2008-09 before rebounding last season with career highs of 32 goals and 63 points.

He has 21 goals in 62 games this season and was sought by just about every team looking for offence.

THE CANADIAN PRESS

GREGORY SHAMUS/GETTY IMAGES

▶ Dustin Penner heads back to California after being dealt to the Kings by the Oilers at the NHL trade deadline yesterday.

Leafs ship Mitchell to N.Y. in only move

Two hours before the NHL trade deadline, Brian Burke knew in all likelihood he wouldn't be making a splash.

"We had some lines in the water. We worked on a bunch of things but none of the price tags for the things that we worked on made sense," the Toronto Maple Leafs general manager told media gathered at Air Canada Centre shortly after yesterday's 3 p.m. ET deadline came and went.

Burke did make a minor deal, sending forward John Mitchell to the New York Rangers for a 2012 seventh-round pick. The quiet deadline day was nothing like the flurry of activity in recent weeks that saw Burke ship three veterans out of town.

"We did most of our major surgery before we got (to today)."
LEAFS GM BRIAN BURKE

The Maple Leafs started their roster overhaul by sending defenceman Francois Beauchemin to Anaheim Feb. 9 for Joffrey Lupul and a prospect before dealing Kris Versteeg to Philadelphia Feb. 14 for first- and third-round picks in this year's draft.

But Burke's biggest move came Feb. 18 when he traded veteran defenceman Tomas Kaberle to Boston for prospect Joe Colborne, a first-round pick in 2011 and a conditional second-round pick in 2012.

The Maple Leafs sit 10th in the Eastern Conference, four points behind eighth-place Carolina. Despite his team's recent playoff push, Burke was wary of sacrificing too much on deadline day.

THE CANADIAN PRESS

RICHARD WOLOWICZ/GETTY IMAGES

▶ John Mitchell was sent to the New York Rangers yesterday.

4 sports

Quoted

"It was just a great conversation ... I think that it was something that we needed. I think the whole thing was a miscommunication from the beginning, and we're fine."

DETROIT PISTONS' GUARD RICHARD HAMILTON ON MAKING UP WITH COACH JOHN KUESTER. ON FRIDAY, HAMILTON WAS ONE OF SEVERAL PISTONS PLAYERS WHO MISSED AT LEAST PART OF A SHOOTAROUND BEFORE A GAME AT PHILADELPHIA. THE COACHING STAFF USED ONLY SIX PLAYERS IN THE LOSS THAT NIGHT, STICKING WITH THOSE WHO WERE AT THE FULL SHOOTAROUND.

Scan code for sports

Halladay dusts off rust in win over Toronto

Former Blue Jays ace makes spring debut **Bats sputter to life in loss**

NATHAN DENETTE/THE CANADIAN PRESS

▶ Roy Halladay pitches against the Toronto Blue Jays yesterday during spring training action in Dunedin, Fla.

Roy Halladay pitched two shutout innings against his former team in his first start of spring training, leading the Philadelphia Phillies over the Toronto Blue Jays 6-3 yesterday.

Halladay allowed two hits, struck out one and walked one. He pitched for the Blue Jays from 1998-09, then was traded to the Phillies.

"Just being in the game again is fun," said Halladay, who led the NL with 21 wins last season. "You can throw as many bullpens you want but it's always different once you get out there. It's always fun getting back out there."

Halladay limited the Blue Jays to two singles.

"There's a couple things I want to try," Halladay said, "but for the most part, the biggest thing is just getting back comfortable ... There were times today where I felt good, felt good about the pitches I made, and there were times I felt a long way from where I need to be. Overall, it's about what I expected."

Carlos Ruiz had a two-run double in the second inning off Blue Jays starter Jo-Jo Reyes, and Placido Polanco had a two-run single off Carlos Villanueva in a three-run fourth.

Mike McCoy doubled in the seventh to end a 24-inning scoreless streak for the Jays. They added two more in the ninth off Scott Mathieson on Jon Diaz's double, Eric Thames' triple and a sacrifice fly.

Toronto managed eight hits, matching the total in two losses to Detroit in the first two spring games. The Jays also committed five errors. THE ASSOCIATED PRESS

Jays notes

- **Toronto RHP Kyle Drabek** was scratched from yesterday's start due to a stiff neck. He is scheduled to start Saturday against Detroit.
- **Toronto OF Travis Snider,** who pulled an upper rib cage muscle playing golf before spring training, took batting practice yesterday and likely will play next weekend.

JOE ROBBINS/GETTY IMAGES

▶ Defensive lineman Jerrell Powe of Mississippi runs through a drill during the NFL scouting combine yesterday.

NFL labour talks coming to a head

This is the week hardly anyone expected to actually arrive: Deadline time for the NFL and its players' union.

The collective bargaining agreement expires Thursday night, and the owners could lock out the players. Even before that, though, the players' association is likely to decertify to prevent a lockout and take its chances in court.

Both sides will resume meeting with a federal mediator today and probably tomorrow in Washington; seven recent sessions brought little progress. The 32 team owners have meetings tomorrow and Thursday in Chantilly, Va., where they will be briefed on the status of negotiations before deciding on the next step.

Just ahead stands the unthinkable: A labour shutdown in America's most prosperous and popular sport.

If the league locks out the players, everything stops except the NFL draft April 28-30 — and any interviews or workouts teams conduct with college players leading up to the draft.

Dolphins quarterback Chad Henne already has plans for practising with teammates.

"We picked out a spot to work out at, and we're trying to get guys back in town," Henne said. "Normally, our off-season program starts March 28, so we're going to try to have everybody back March 28."

The financial losses are almost incalculable, but would grow by tens of millions of dollars the longer the work stoppage lasts. The NFL is a $9-billion US industry, but not when it comes to a halt.

"Everything is hypothetical right now. I'm just optimistic we can get something done."
NEW 49ERS COACH JIM HARBAUGH

Should the union decertify, individual players would seek a court injunction preventing a lockout. Players on every team approved decertification in votes during the season.

The league filed an unfair labour practice charge against the union with the National Labour Relations Board in mid-February, saying the NFLPA "consistently has failed to confer in good faith" during negotiations for a new contract. The NFL claimed the union's plans to decertify overrode its interest in reaching a new CBA, a charge union spokesman George Atallah said had "absolutely no merit."

If the union decertifies, which it must do before the CBA expires at 11:59 p.m. Thursday, commissioner Roger Goodell and the NFL in essence would have nobody to negotiate with. Then again, the players wouldn't have executive director DeMaurice Smith representing them anymore. THE ASSOCIATED PRESS

J. MERIC/GETTY IMAGES

▶ Josh Beckett

Stray ball leaves Beckett dazed

Red Sox right-hander Josh Beckett has mild concussion symptoms, according to the team, after he was hit in the back of the head yesterday during batting practice before Boston's exhibition game against the Minnesota Twins at City of Palms Park.

Beckett walked from the field on his own, with trainers at his side. But after being examined by a doctor, he was sent home to rest. The Red Sox expect an update on Beckett today.

Beckett was in the outfield when coaching staff assistant Ino Guerrero attempted to use a fungo bat to return a ball to the infield. Instead, the ball hit Beckett.

"He's exhibiting symptoms of a mild concussion," manager Terry Francona said after Boston's 7-5 win. "He's been evaluated already.

"We'll get someone to look at him tonight, and when he comes in tomorrow, we'll check on him to see what level, if any, of a workout he can do or should do. So, go from there." THE ASSOCIATED PRESS.

Sports in brief

Spurs' Parker strains calf

NBA. Spurs point guard Tony Parker will likely miss two to four weeks with a sore calf muscle. Parker strained his calf in Sunday's win over Memphis. He has started every game for the Spurs this season. THE ASSOCIATED PRESS

Bibby flees Washington

NBA. Mike Bibby gave up $6.2 million US rather than stay with the struggling Wizards.

The guard reached a buyout with the team yesterday, beating by one day a deadline that will allow him to sign with another team in time to be eligible for a playoff roster.
THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE STATISTICS

FROM THE CANADIAN PRESS

Not including yesterday's games

ANAHEIM

Player	GP	G	A	Pts	+/-	PIM
Perry	63	31	37	68	-13	92
Selanne	54	20	37	57	4	40
Ryan	63	29	23	52	0	51
Getzlaf	48	16	33	49	2	27
Visnovsky	62	9	32	46	2	18
Koivu	59	13	20	33	-7	34
Fowler	57	7	22	29	-22	16
Blake	61	11	14	25	-6	35
Lydman	59	3	19	22	24	20
McMillan	41	9	8	17	0	6
Beauchemin	62	3	11	14	-6	20
Ruutu	54	3	9	12	-1	63
Lapierre	59	5	6	11	-13	72
Sexton	36	3	7	10	-5	6
Sbisa	49	2	6	8	-5	37
Marchant	62	1	7	8	-10	20
Lilja	45	1	6	7	-9	22
Parros	62	3	1	4	-3	137
Sutton	37	0	4	4	1	81
Chipchura	33	0	2	2	0	28
Brookbank	25	0	0	0	-8	48
Voros	12	0	0	0	-4	43
Hiller	48	0	1	1	0	0
Ellis	33	0	1	1	0	0
McElhinney	21	0	1	1	0	0
Pielmeier	1	0	0	0	0	0

ATLANTA

Player	GP	G	A	Pts	+/-	PIM
Ladd	62	23	23	46	-7	33
Enstrom	57	8	38	46	-3	38
Byfuglien	63	18	27	45	-6	55
Little	57	14	22	36	-6	57
Kane	54	17	18	35	-5	56
Stewart	63	14	19	33	0	47
Wheeler	62	12	18	30	9	36
Bergfors	57	11	18	29	-11	6
Antropov	57	10	19	29	-12	34
Burmistrov	57	5	12	17	-1	23
Thorburn	63	7	9	16	0	51
Oduya	63	2	14	16	-14	20
Bogosian	52	4	9	13	-14	25
Slater	36	5	7	12	4	29
Modin	36	7	3	10	-11	12
Hainsey	63	2	8	10	4	12
Boulton	53	5	3	8	1	52
Stuart	35	1	4	5	6	33
Stapleton	26	1	3	4	-2	8
Cormier	21	1	1	2	-5	4
Meyer	15	1	1	2	-7	8
Machacek	10	0	0	0	-2	0
Welch	2	0	0	0	-1	0
Kulda	2	0	0	0	-1	0
Rissmiller	1	0	0	0	-1	0
Pavelec	47	0	0	0	0	2
Mason	22	0	0	0	0	4
Mannino	2	0	0	0	0	0

BOSTON

Player	GP	G	A	Pts	+/-	PIM
Bergeron	62	21	29	50	21	20
Krejci	55	9	38	47	19	22
Lucic	59	27	19	46	22	88
Recchi	62	11	31	42	15	25
Horton	60	17	23	40	22	58
Kaberle	62	3	36	39	4	16
Ryder	62	17	19	36	-2	20
Peverley	62	15	20	35	-15	35
Marchand	59	19	15	34	23	41
Chara	62	10	21	31	21	67
Seidenberg	62	6	21	27	3	51
Kelly	61	12	12	24	-10	29
Seguin	58	10	11	21	0	10
Campbell	60	9	12	21	5	72
Thornton	62	8	7	15	5	103
Ference	58	2	13	15	24	56
McQuaid	48	1	10	11	26	87
Savard	25	2	8	10	-7	29
Boychuk	50	1	9	10	10	34
Kampfer	33	4	5	9	9	8
Caron	23	2	5	7	0	2
Paille	28	2	5	7	0	26
Hamill	3	0	1	1	1	0
Bartkowski	2	0	0	0	-1	2
Arniel	1	0	0	0	-1	0
Thomas	44	0	3	3	0	6
Rask	21	0	0	0	0	0

BUFFALO

Player	GP	G	A	Pts	+/-	PIM
Vanek	61	23	29	52	-8	16
Stafford	43	24	13	37	2	28
Pominville	52	15	20	35	-1	15
Ennis	61	13	22	35	-2	18
Roy	35	10	25	35	-1	16
Leopold	60	11	22	33	-3	32
Myers	59	9	18	27	-9	30
Hecht	61	10	16	26	2	38
Connolly	47	8	18	26	-11	18
Gaustad	61	9	11	20	6	82
Gerbe	44	7	11	18	3	26
McCormick	60	8	9	17	5	119
Montador	56	4	13	17	13	69
Lydman	61	3	13	16	10	50
Sekera	57	2	12	14	-2	14
Niedermayer	51	0	13	13	-2	20
Weber	40	3	7	10	12	52
Kaleta	46	4	4	8	-2	76
Morrison	47	1	2	3	-3	31
Butler	30	0	5	5	2	12
Adam	18	3	1	4	-4	10
Byron	8	1	1	2	0	2
Mancari	3	0	1	1	-1	0
Ellis	8	0	0	0	1	2
Gragnani	3	0	0	0	1	2
Stuart	3	0	0	0	1	2
Miller	51	0	1	1	0	4
Enroth	6	0	0	0	0	0
Lalime	7	0	1	1	0	0

CALGARY

Player	GP	G	A	Pts	+/-	PIM
Iginla	64	25	33	58	-5	30
Tanguay	61	16	32	48	0	22
Jokinen	61	13	31	44	-10	38
Morrison	64	9	31	40	10	16
Bourque	62	9	17	26	-12	8
Glencross	61	20	13	33	6	57
Babchuk	64	10	20	30	6	30
Giordano	64	5	23	28	-7	52
Moss	51	15	12	27	9	18
Stajan	58	5	22	27	7	18
Hagman	60	10	15	25	-1	22
Jackman	64	10	10	20	4	82
Bouwmeester	64	4	13	17	6	38
Backlund	56	7	8	15	5	10
Regehr	61	1	14	15	11	42
Sarich	58	3	10	13	9	58
Kostopoulos	58	5	5	10	-1	59
Pardy	30	1	6	7	3	24
Staios	24	2	3	5	4	22
Conroy	18	2	0	2	-1	8
Mikkelson	23	0	2	2	-6	9
Meyer	16	0	2	2	0	17
Bouma	5	0	1	1	-1	0
Brodie	3	0	1	1	-1	0
Ivanans	1	0	0	0	-1	2
Kiprusoff	55	0	0	0	0	2
Karlsson	13	0	0	0	0	0

CAROLINA

Player	GP	G	A	Pts	+/-	PIM
Staal	62	27	32	59	-12	56
Skinner	63	22	25	47	-2	34
Ruutu	63	15	30	45	-5	46
Jokinen	51	16	28	44	1	20
Cole	63	18	21	39	3	41
Corvo	63	10	22	32	-11	14
Pitkanen	54	2	25	27	-5	50
Samsonov	58	10	16	26	0	12
Stillman	46	8	16	24	6	20
Brouwer	63	12	11	23	14	12
Tlusty	63	11	12	23	-18	51
LaRose	63	4	19	23	-8	26
McBain	61	8	9	17	-6	12
Dwyer	63	2	11	13	-8	69
Gleason	38	5	6	11	4	12
Harrison	60	3	6	9	5	62
Boychuk	23	4	3	7	-2	4
Carter	50	1	5	6	-4	44
Joslin	20	1	5	6	1	8
Dalpe	15	1	3	4	0	0
Bodie	53	0	3	3	-6	56
Matsumoto	13	2	0	2	-4	4
Samson	6	0	2	2	1	0
B.Sutter	5	0	1	1	-1	5
Carson	13	0	1	1	-7	4
Bowman	8	0	0	0	1	6
Rodney	3	0	0	0	0	2
Ward	56	0	1	1	0	0
Peters	11	0	0	0	0	4

CHICAGO

Player	GP	G	A	Pts	+/-	PIM
Toews	60	22	36	58	19	18
Keith	61	32	24	56	-6	34
Sharp	53	20	33	53	-1	18
Hossa	45	15	21	36	10	20
Kopecky	61	11	24	35	-11	44
Versteeg	62	14	20	34	-2	36
Brouwer	62	17	16	33	0	31
Keith	62	5	28	33	2	18
Bolland	55	13	19	32	10	32
Bickell	59	14	17	31	10	38
Frolik	60	8	15	23	-2	12
Campbell	49	3	17	20	21	4
Stalberg	58	9	9	18	1	32
Cogliano	63	9	16	25	-12	56
Paajarvi	61	10	14	24	-3	12
Peckham	60	3	9	12	-5	153
Vandermeer	43	1	9	10	2	51
Brule	35	7	2	9	-6	33
Smid	59	0	9	9	-10	70
Reddox	25	0	7	7	-1	0
Jacques	35	3	1	4	0	42
Fraser	57	2	4	6	-2	22
Chorney	10	1	3	4	-4	4
Stortini	32	0	4	4	-2	76
Petry	21	1	2	3	-4	6
O'Marra	9	1	2	3	0	2
Strudwick	25	0	1	1	-11	8
MacIntyre	19	0	1	1	0	49
Belle	5	0	0	0	-2	0
Khabibulin	39	0	0	0	0	10
Dubnyk	25	0	0	0	0	2
Gerber	2	0	1	1	0	0

COLORADO

Player	GP	G	A	Pts	+/-	PIM
Stastny	61	19	31	50	-5	46
Duchene	61	21	28	49	-3	21
Hejduk	56	19	28	47	-13	18
Lles	63	5	35	41	-7	28
Jones	59	23	17	40	3	24
Fleischmann	45	12	19	31	2	18
Johnson	60	6	16	22	-7	43
Porter	55	11	8	19	-4	18
Wiemer	55	9	10	19	-13	46
Wilmik	61	6	10	16	-14	22
McClement	61	6	10	16	-14	22
O'Reilly	55	5	11	16	0	8
Galiardi	35	7	8	15	-6	12
Dupuis	59	4	9	13	0	38
Wilson	32	5	5	10	5	8
Mauldin	29	5	5	10	5	8
Hunwick	59	1	9	10	-5	25
Cumiskey	18	1	7	8	-3	10
Foote	41	0	8	8	-8	31
McLeod	25	4	3	7	-3	14
O'Byrne	50	0	6	6	2	59
Holos	21	0	4	4	5	2
Stoa	11	2	0	2	-2	4
Gulik	5	1	1	2	3	2
Oliver	4	1	0	1	-2	0
Koci	22	1	0	1	-5	41
Gaunce	6	1	0	1	-2	9
Liffiton	4	1	0	1	3	17
Quincey	21	0	1	1	-5	18
Forsberg	2	0	0	0	-4	0
Budaj	34	0	1	1	0	4
Elliott	45	0	0	0	0	0

COLUMBUS

Player	GP	G	A	Pts	+/-	PIM
Nash	60	29	27	56	6	20
Umberger	61	20	27	47	7	34
Voracek	59	12	28	40	8	22
Brassard	57	14	25	39	-1	47
Vermette	61	15	20	35	3	42
Tyutin	59	5	19	24	-5	28
Huselius	35	12	9	21	-16	8
Johnson	54	4	13	17	-5	22
Methot	55	0	15	15	7	46
Calvert	21	10	4	14	3	8
Clark	49	5	9	14	-4	34
MacKenzie	42	4	10	14	10	8
Simmonds	19	8	11	19	-3	12
Hejda	58	2	12	14	-5	22
Scuderi	47	1	13	14	-5	20
Martinez	40	4	7	11	5	14
Clifford	58	4	6	10	-10	98
Sturm	17	4	4	8	3	17
Ponikarovsky	41	4	4	8	3	24
Loktionov	19	4	3	7	2	2
Lewis	52	2	5	7	-12	6
Greene	51	1	6	7	3	50
Mitchell	37	2	4	6	-5	12
Drewiske	38	0	5	5	-1	19
Harrold	18	1	3	4	3	4
Parse	5	1	3	4	5	0
Moller	4	1	2	3	1	0
Boll	43	0	3	3	-4	81
Schenn	8	0	2	2	-1	0
Muzzin	11	0	1	1	-2	0
King	6	0	0	0	-2	2
Zeiler	4	0	0	0	-1	0
Quick	46	0	2	2	0	0
Bernier	18	0	0	0	0	0

DETROIT

Player	GP	G	A	Pts	+/-	PIM
Zetterberg	62	18	49	67	5	28
Datsyuk	43	18	32	50	14	13
Lidstrom	62	12	37	49	-1	16
Franzen	61	26	20	46	7	44
Cleary	48	21	16	37	7	8
Rafalski	50	4	33	37	14	18
Bertuzzi	64	14	22	36	-3	38
Filppula	51	12	19	31	0	16
Hudler	57	7	23	30	-2	18
Kronwall	62	10	19	29	5	30
Holmstrom	53	13	14	27	-1	44
Hamrlik	60	7	17	24	7	10
Eaves	52	13	6	19	2	10
Ericsson	54	3	11	14	12	71
Abdelkader	54	4	9	13	11	50
Stuart	47	3	10	13	6	28
Miller	54	4	8	12	-1	4
Salei	60	1	8	9	0	40
Draper	34	6	2	8	-1	4
Modano	21	2	6	8	-3	6
Kindl	30	1	1	2	0	26
Tatar	18	1	0	1	-3	4
Emmerton	9	1	0	1	0	0
Janik	7	0	0	0	-2	7
Howard	47	0	1	1	0	4
Osgood	11	0	0	0	0	0
MacDonald	9	0	0	0	0	0

EDMONTON

Player	GP	G	A	Pts	+/-	PIM
Hemsky	46	14	28	42	3	18
Hall	63	21	19	40	-10	18
Penner	62	21	18	39	-12	45
Gagner	63	13	24	37	-14	35
Cole	50	14	20	34	-4	14
Whitney	35	2	25	27	13	33
Cogliano	63	9	16	25	-12	56
Paajarvi	61	10	14	24	-3	12
Horcoff	40	8	16	24	2	44
Gilbert	62	3	16	19	-14	22
Jones	62	13	5	18	-2	19
Foster	59	5	11	16	-5	39
Omark	32	3	13	16	-11	14
Peckham	60	3	9	12	-5	153
Vandermeer	43	1	9	10	2	51
Brule	35	7	2	9	-6	33
Smid	59	0	9	9	-10	70
Reddox	25	0	7	7	-1	0
Jacques	35	3	1	4	0	42
Fraser	57	2	4	6	-2	22
Chorney	10	1	3	4	-4	4
Stortini	32	0	4	4	-2	76
Petry	21	1	2	3	-4	6
O'Marra	9	1	2	3	0	2
Strudwick	25	0	1	1	-11	8
MacIntyre	19	0	1	1	0	49
Belle	5	0	0	0	-2	0
Khabibulin	39	0	0	0	0	10
Dubnyk	25	0	0	0	0	2
Gerber	2	0	1	1	0	0

FLORIDA

Player	GP	G	A	Pts	+/-	PIM
Weiss	61	16	24	40	-10	43
Wideman	61	9	24	33	-26	33
Santorelli	62	17	15	32	-10	16
Booth	62	17	14	31	-19	15
Kessinger	62	13	14	27	5	20
Higgins	48	11	12	23	5	10
Dvorak	53	7	14	21	2	20
Kulikov	52	5	14	19	7	26
Skille	56	7	11	18	-5	22
Olesz	44	6	11	17	-1	8
Matthias	47	6	10	16	1	16
Bernier	50	5	9	14	-11	6
Allen	53	4	8	12	-5	63
Dadonov	25	4	9	13	-2	14
Garrison	53	3	8	11	0	24
Weaver	62	2	9	11	2	24
Reinprecht	29	4	6	10	-2	6
Ellerby	34	1	7	8	-6	16
Thomas	16	2	3	5	1	4
Hordichuk	47	1	3	4	-4	60
Sulzer	33	1	3	4	-6	14
Repik	11	1	2	3	-5	6
Timmins	13	1	0	1	-4	6
Callahan	7	0	0	0	-1	2
Olver	7	0	0	0	-2	0
Wilson	2	0	0	0	0	2
Jessiman	1	0	0	0	0	0
Vokoun	47	0	1	1	0	2
Clemmensen	19	0	1	1	0	2
Scrivens	1	0	0	0	0	0

LOS ANGELES

Player	GP	G	A	Pts	+/-	PIM
Kopitar	62	20	40	60	22	16
Williams	62	20	29	49	14	53
Brown	62	20	23	43	19	59
Johnson	62	5	35	40	-7	38
Smyth	62	20	19	39	7	33
Stoll	62	17	19	36	2	30
Doughty	56	10	23	33	15	44
Handzus	62	8	16	24	0	16
Richardson	52	6	12	18	-13	18
Scuderi	62	2	12	14	9	14
Martinez	40	4	7	11	5	14
Clifford	58	4	6	10	-10	98
Sturm	17	4	4	8	3	17
Ponikarovsky	41	4	4	8	3	24
Loktionov	19	4	3	7	2	2
Lewis	52	2	5	7	-12	6
Greene	51	1	6	7	3	50
Mitchell	37	2	4	6	-5	12
Drewiske	38	0	5	5	-1	19
Harrold	18	1	3	4	3	4
Parse	5	1	3	4	5	0
Moller	4	1	2	3	1	0
Boll	43	0	3	3	-4	81
Schenn	8	0	2	2	-1	0
Muzzin	11	0	1	1	-2	0
King	6	0	0	0	-2	2
Zeiler	4	0	0	0	-1	0
Quick	46	0	2	2	0	0
Bernier	18	0	0	0	0	0

MINNESOTA

Player	GP	G	A	Pts	+/-	PIM
Havlat	62	19	33	52	1	36
Koivu	58	15	34	49	5	36
Burns	60	15	23	38	-5	86
Cullen	58	12	24	36	-1	22
Brunette	62	15	20	35	-7	14
Clutterbuck	61	18	12	30	3	36
Miettinen	53	11	19	30	-4	20
Brodziak	60	13	15	28	7	36
Bouchard	39	7	17	24	5	6
Zidlicky	35	4	17	21	1	28
Madden	60	9	10	19	-6	8
Schultz	59	3	13	16	2	34
Kobasew	47	9	4	13	-3	17
Nystrom	62	3	5	8	-16	26
O'Sullivan	31	2	6	8	-2	4
Latendresse	8	3	3	6	2	8
Spurgeon	33	1	5	6	5	2
Stoner	40	2	3	5	10	55
Barker	51	1	4	5	-11	34
Zanon	62	0	5	5	2	34
Staubitz	52	0	3	3	-3	113
Falk	19	0	2	2	-2	6
Scandella	16	0	2	2	-5	2
Wellman	12	0	1	1	-4	4
Almond	8	0	0	0	0	2
Earl	6	0	0	0	-3	0
Kassian	4	0	0	0	-1	12
Gillies	3	0	0	0	0	2
Peters	3	0	0	0	0	2
Ortmeyer	2	0	0	0	0	0
Backstrom	38	0	0	0	0	2
Theodore	22	0	0	0	0	0
Khudobin	4	0	0	0	0	0

MONTREAL

Player	GP	G	A	Pts	+/-	PIM
Plekanec	62	20	29	49	14	44
Wisniewski	56	6	33	39	-18	32
Gammalleri	48	15	20	35	10	29
Gionta	63	22	11	33	0	20
Kostitsyn	62	15	18	33	4	24
Gomez	61	7	23	30	-19	40
Hamrlik	60	4	26	30	0	69
Subban	58	7	21	28	-6	88
Pouliot	60	13	12	25	-9	52
Halpern	61	10	13	23	7	25
Darche	51	9	12	21	6	10
Pacioretty	33	11	9	20	-6	39
Spacek	57	1	15	16	8	45
Desharnais	24	6	7	13	5	10
Eller	58	4	7	11	-5	30
Weber	34	1	9	10	3	10
Moen	62	3	6	9	-5	82
Picard	37	3	4	7	2	15
Gorges	36	1	6	7	-3	18
Gill	59	0	6	6	-7	39
Pyatt	48	1	3	4	-6	7
Markov	7	1	2	3	2	4
Mara	36	1	2	3	-2	44
Boyd	10	1	0	1	-6	2
White	10	0	1	1	3	9
Engqvist	2	0	0	0	0	0
Nash	2	0	0	0	-1	0
Price	55	0	2	2	0	11
Auld	11	0	0	0	0	2

NASHVILLE

Player	GP	G	A	Pts	+/-	PIM
Weber	63	13	26	39	6	52
Kostitsyn	58	16	18	34	1	10
Hornqvist	60	17	16	33	3	40
Erat	47	10	23	33	9	18
Wilson	63	14	16	30	11	10
Fisher	63	15	13	28	-23	35
Suter	51	2	26	28	20	44
Legwand	45	10	16	26	10	22
Goc	51	9	15	24	10	2
Franson	61	8	15	23	4	22
Sullivan	43	10	12	22	4	26
Ward	63	7	14	21	-5	34
O'Reilly	38	4	12	16	2	14
Dumont	60	9	8	17	3	16
Klein	62	2	10	12	1	24
Smithson	63	5	5	10	-6	30
Tootoo	36	4	6	10	3	54
Bouillon	44	1	9	10	-3	22
Spaling	55	5	4	9	-10	16
O'Brien	61	2	6	8	-8	57
Halischuk	13	1	2	3	1	2
Mueller	15	0	3	3	0	2
Blum	4	1	1	2	0	0
Belak	15	0	0	0	-1	18
Klasen	4	0	0	0	-3	0
Geoffrion	2	0	0	0	0	0
Lombardi	2	0	0	0	-1	0
Begin	2	0	0	0	-1	0
Laaksio	1	0	0	0	0	0
Rinne	46	0	0	0	0	12
Lindback	21	0	0	0	0	0
Dekanich	1	0	0	0	0	0

NEW JERSEY

Player	GP	G	A	Pts	+/-	PIM
Elias	61	14	32	46	0	12
Kovalchuk	61	21	22	43	-20	24
Zajac	62	9	26	35	3	19
Zubrus	61	13	12	25	-7	43
Arnott	62	13	11	24	-9	32
Rolston	45	11	12	23	-2	24
Greene	62	3	16	19	-18	16
Tedenby	39	7	7	14	-2	12

Success earns Raonic main draw play

Milos Raonic's whirlwind winter on the ATP Tour has earned the Canadian a main draw wildcard for next week's BNP Paribas Open in Indian Wells, Calif.

The 20-year-old from Thornhill became the first Canadian since 1995 to capture an ATP title at the SAP Open in San Jose, Calif., earlier this month.

The following week Raonic reached the final of the Regions Morgan Keegan Championships in Memphis, where he fell to American Andy Roddick in a thrilling three-set match.

That two-week stretch boosted Raonic's ATP ranking to a career-best No. 37.

The men's draw for the first ATP World Tour Masters 1000 event of the year will include the Top 50 players in the world.

He will make his first main draw appearance since he fell in the opening round of the Rogers Cup in Toronto last summer. THE CANADIAN PRESS

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▶ Milos Raonic

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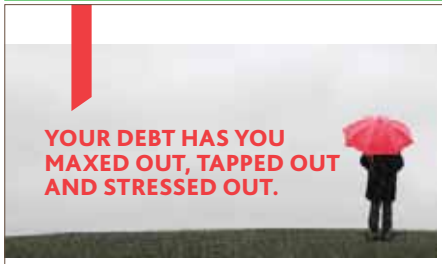

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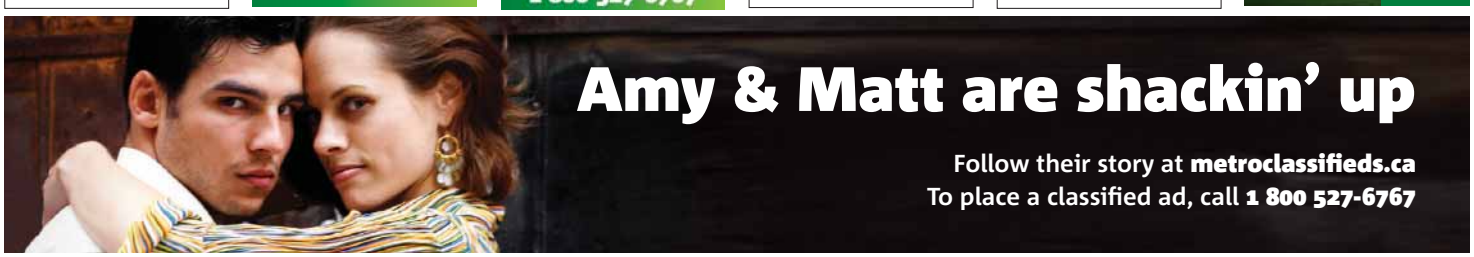

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	62	40	16	3	3	203	159	86	20-8-1-2	20-8-2-1	6-3-1-0	L1
d-Tampa Bay	62	37	18	3	4	191	190	81	21-7-1-3	16-11-2-1	5-3-0-2	W3
d-Boston	62	36	19	2	5	194	148	79	15-12-1-2	21-7-1-3	6-4-0-0	W5
Pittsburgh	64	37	21	3	3	187	159	80	20-11-2-0	17-10-1-3	3-5-1-1	W1
Washington	63	33	20	5	5	168	161	76	17-8-2-5	16-12-3-0	5-5-0-0	W1
Montreal	63	33	23	4	3	165	164	73	20-8-3-3	13-15-1-0	3-5-0-2	W1
NY Rangers	64	33	27	2	2	179	157	70	14-15-1-2	19-12-1-0	4-6-0-0	L1
Carolina	63	29	25	4	5	184	193	67	16-10-1-2	13-15-3-3	3-4-2-1	L1
Buffalo	61	29	25	6	1	176	177	65	14-15-2-1	15-10-4-0	5-3-1-1	L1
Toronto	63	27	27	4	5	164	193	63	14-11-3-4	13-16-1-1	5-1-2-2	L2
Atlanta	63	26	26	4	7	178	205	63	14-12-1-5	12-14-3-2	2-6-1-1	W1
Florida	62	26	29	3	4	159	171	59	12-12-3-3	14-17-0-1	3-6-1-0	L1
New Jersey	62	27	31	3	1	132	164	58	13-13-2-1	14-18-0-1	9-1-0-0	W1
NY Islanders	63	23	32	4	4	172	205	54	12-15-1-3	11-17-3-1	6-3-1-0	L3
Ottawa	62	21	32	5	4	143	200	51	11-16-2-3	10-16-3-1	4-5-0-1	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	63	39	15	4	5	208	150	87	22-6-1-4	17-9-3-1	5-5-0-0	L1
d-Detroit	62	38	18	4	2	206	179	82	17-10-3-1	21-8-1-1	7-3-0-0	W1
d-San Jose	63	36	21	4	2	178	162	78	15-10-2-1	21-11-2-1	9-1-0-0	W6
Phoenix	64	33	21	6	4	184	186	76	15-10-3-2	18-11-3-2	7-2-0-1	L3
Los Angeles	62	35	23	2	2	174	149	74	19-9-1-0	16-14-1-2	7-1-1-1	W3
Calgary	64	32	23	3	6	190	182	73	19-10-1-3	13-13-2-3	6-2-1-1	W1
Chicago	62	33	23	2	4	198	172	72	19-14-0-0	14-9-3-3	6-2-0-2	W4
Dallas	62	33	23	2	4	171	175	72	18-9-2-3	15-14-0-1	3-6-1-0	W2
Minnesota	62	33	23	1	5	163	162	72	16-12-0-3	17-11-1-2	6-3-0-1	W1
Nashville	63	32	23	5	3	161	151	72	15-7-4-3	17-16-1-0	4-5-1-0	W1
Anaheim	63	33	25	3	2	176	186	71	18-10-1-1	15-15-2-1	5-4-1-0	W1
Columbus	61	31	24	3	3	170	181	68	16-13-0-2	15-11-3-1	6-3-0-1	L1
St. Louis	62	28	25	4	5	173	180	65	18-10-1-3	10-15-3-2	4-5-0-1	L1
Colorado	63	26	30	7	0	183	217	59	14-15-4-0	12-15-3-0	1-8-1-0	L3
Edmonton	63	20	35	1	7	158	211	48	10-19-1-3	10-16-1-3	4-6-0-0	L2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Chicago at Minnesota
Detroit at Los Angeles
Sunday's results
Calgary 1 St. Louis 0
Atlanta 3 Toronto 2 (OT)
Boston 3 Edmonton 2
Anaheim 3 Colorado 2
Chicago 4 Phoenix 3 (SO)
Nashville 3 Columbus 2
New Jersey 2 Florida 1
Tampa Bay 2 N.Y. Rangers 1
Tonight's games
All times Eastern
Buffalo at N.Y. Rangers, 7 p.m.
N.Y. Islanders at Washington, 7 p.m.
Florida at Carolina, 7 p.m.
Montreal at Atlanta, 7 p.m.
Boston at Ottawa, 7:30 p.m.
Calgary at St. Louis, 8 p.m.
Dallas at Phoenix, 9 p.m.
Nashville at Edmonton, 9:30 p.m.
Columbus at Vancouver, 10 p.m.
Colorado at San Jose, 10:30 p.m.
Tomorrow's games
Pittsburgh at Toronto, 7 p.m.
Tampa Bay at New Jersey, 7 p.m.
Minnesota at N.Y. Islanders, 7 p.m.
Calgary at Chicago, 9 p.m.
Detroit at Anaheim, 10 p.m.

TRADE DEADLINE HISTORY

Total transactions and players moved at the National Hockey League's trade deadline:

Season, Date	Trades	Players
1979-80, Mar. 11	3	5
1980-81, Mar. 10	12	22
1981-82, Mar. 9	5	11
1982-83, Mar. 8	1	1
1983-84, Mar. 6	2	2
1984-85, Mar. 12	4	7
1985-86, Mar. 11	8	14
1986-87, Mar. 10	5	9
1987-88, Mar. 8	8	12
1988-89, Mar. 7	9	21
1989-90, Mar. 6	10	16
1990-91, Mar. 5	14	33
1991-92, Mar. 10	11	22
1992-93, Mar. 22	9	14
1993-94, Mar. 21	18	35
1994-95, Apr. 7	19	32
1995-96, Mar. 20	13	21
1996-97, Mar. 18	18	35
1997-98, Mar. 24	19	38
1998-99, Mar. 23	21	30
1999-00, Mar. 14	12	23
2000-01, Mar. 13	17	31
2001-02, Mar. 19	17	35
2002-03, Mar. 11	24	46
2003-04, Mar. 9	20	32
2004-05	None	(lock-out)
2005-06, Mar. 9	25	40
2006-07, Feb. 27	25	44
2007-08, Feb. 26	25	45
2008-09, Mar. 4	22	47
2009-10, Mar. 3	31	55
2010-11, Feb. 28	16	35
Total	**443**	**813**
Average	**13.8**	**25.4**

SCORING LEADERS

	G	A	PT
D.Sedin, Vcr	32	47	79
Stamkos, TB	41	37	78
St. Louis, TB	24	51	75
H.Sedin, Vcr	15	59	74
Perry, Ana	31	37	68
Zetterberg, Det	18	49	67
Crosby, Pgh	32	34	66
Ovechkin, Wash	24	39	63
B.Richards, Dal	24	39	63
Kopitar, LA	20	40	60
E.Staal, Car	27	32	59
Iginla, Cal	25	33	58
Toews, Chi	22	36	58
Giroux, Phs	21	37	58
Kesler, Vcr	33	24	57
Eriksson, Dal	21	36	57
Selanne, Ana	20	37	57
Sharp, Chi	32	24	56
Nash, Clb	29	27	56
J.Carter, Pha	28	27	55
Yandle, Phx	10	44	54
P.Kane, Chi	20	33	53
Backstrom, Wash	15	38	53
Tavares, NYI	23	29	52
Vanek, Buf	23	29	52
Ryan, Ana	29	23	52
Havlat, Minn	19	33	52
M.Richards, Pha	19	33	52
J.Thornton, SJ	15	37	52
Briere, Pha	28	23	51
Ribeiro, Dal	12	39	51
P.Bergeron, Bos	21	29	50
Heatley, SJ	20	30	50
P.Stastny, Col	19	31	50
Datsyuk, Det	18	32	50
Duchene, Col	21	28	49
Plekanec, Mtl	20	29	49
J.Williams, LA	20	29	49
Getzlaf, Ana	16	33	49
M.Koivu, Minn	15	34	49

Not including last night's games

TRANSACTIONS

BASEBALL

NATIONAL LEAGUE

NEW YORK METS—Named Pedro Lopez manager of St. Lucie (FSL), Ryan Ellis manager of Savannah (SAL), Frank Fultz manager of Kingsport (Appalachian) and Luis Rojas manager of the GCL Mets.

BASKETBALL

NBA

CHARLOTTE BOBCATS—Waived G Morris Peterson.
GOLDEN STATE WARRIORS—Reached a buyout agreement with F Troy Murphy and placed him on waivers.
WASHINGTON WIZARDS—Reached a buyout agreement with G Mike Bibby and placed him on waivers.

FOOTBALL

NFL

CHICAGO BEARS—Released DT Tommie Harris, LB Hunter Hillenmeyer and OT Kevin Shaffer.
SEATTLE SEAHAWKS—Signed CB Kennard Cox to a one-year contract.
WASHINGTON REDSKINS—Released RB Clinton Portis.

HOCKEY

NHL

ATLANTA THRASHERS—Acquired F Radek Dvorak and a 2011 fifth-round pick from Florida for F Nicklas Bergfors and F Patrick Rissmiller. Traded LW Fredrik Modin to Calgary for a 2011 seventh-round draft pick. Claimed F Rob Schremp off waivers from the New York Islanders. Recalled F Ben Maxwell and G Peter Mannino from Chicago (AHL). Reassigned F Spencer Machacek to Chicago.
BOSTON BRUINS—Acquired F David Lailberte and F Stefan Chaput from Anaheim for F Brian McGrattan and D Sean Zimmerman. Assigned Laliberte and Chaput to Providence (AHL).
CALGARY FLAMES—Claimed D Brett Carson off waivers from Carolina.
CAROLINA HURRICANE—Traded LW Sergei Samsonov to Florida for D Bryan Allen.
CHICAGO BLACKHAWKS—Acquired D Chris Campoli and a conditional seventh-round draft pick from Ottawa for F Ryan Potulny and a 2011 second-round draft pick.
COLUMBUS BLUE JACKETS—Traded LW Tom Sestito to Philadelphia for C Michael Chaput and C Greg Moore.
DETROIT RED WINGS—Signed G Jimmy Howard to a two-year contract.
EDMONTON OILERS—Acquired D Kevin Montgomery from Colorado for D Shawn Belle. Traded RW Dustin Penner to Los Angeles for D Colten Teubert, a 2011 first-round draft pick and a conditional 2012 third-round draft pick.
LOS ANGELES KINGS—Signed F Justin Williams to a four-year contract extension.
MINNESOTA WILD—Traded G Anton Khudobin to Boston for D Jeff Penner and RW Mikko Lehtonen. Recalled C Warren Peters from Houston (AHL). Reassigned C Cody Almond to the Aeros.
MONTREAL CANADIENS—Acquired G Drew MacIntyre from Atlanta for D Brett Festerling. Assigned MacIntyre to Hamilton.
NEW JERSEY DEVILS—Traded C Jason Arnott to Washington for C David Steckel and a 2012 second-round draft pick.
NEW YORK ISLANDERS—Recalled F Justin DiBenedetto from Bridgeport (AHL).
OTTAWA SENATORS—Signed D Chris Phillips to a three-year contract extension through the 2013-14 season. Claimed G Curtis McElhinney off waivers from Tampa Bay. Reassigned G Robin Lehner to Binghamton (AHL).
PHOENIX COYOTES—Acquired D Rostislav Klesla and F Dane Byers from Columbus for F Scottie Upshall and D Sami Lepisto.
ST. LOUIS BLUES—Traded F Brad Winchester to Anaheim for a 2012 third-round draft pick. Recalled F Chris Porter and F Ryan Reaves from Peoria (AHL). Placed F Philip McRae on the injured list.
TORONTO MAPLE LEAFS—Traded C John Mitchell to the New York Rangers for a 2012 seventh-round draft pick.
VANCOUVER CANUCKS—Traded D Evan Oberg to Florida for F Chris Higgins and a 2013 third-round draft pick. Traded C Joel Perrault and a 2012 third-round draft pick to Anaheim for C Maxim Lapierre and C MacGregor Sharp. Reassigned F Cody Hodgson and F Victor Oreskovich to Manitoba (AHL).
WASHINGTON CAPITALS—Acquired D Dennis Wideman from Florida for C Jake Hauswirth and a 2011 third-round pick.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	42	15	.737	—
d-Miami	43	17	.717	½
d-Chicago	40	17	.702	2
Orlando	38	22	.633	5½
Atlanta	36	23	.610	7
New York	30	27	.526	12
Philadelphia	30	29	.508	13
Indiana	26	32	.448	16½
Charlotte	26	33	.441	17
Milwaukee	22	36	.379	20½
Detroit	22	39	.361	22
New Jersey	17	42	.288	26
Toronto	16	44	.267	27½
Washington	15	43	.259	27½
Cleveland	11	48	.186	32

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	49	10	.831	—
Dallas	43	16	.729	6
d-L.A. Lakers	42	19	.689	8
d-Oklahoma City	36	22	.621	12½
New Orleans	35	26	.574	15
Denver	34	26	.567	15½
Portland	33	26	.559	16
Memphis	33	28	.541	17
Utah	32	28	.533	17½
Phoenix	30	27	.526	18
Houston	30	31	.492	20
Golden State	26	32	.448	22½
L.A. Clippers	21	39	.350	28½
Sacramento	14	43	.246	34
Minnesota	14	46	.233	35½

d — division leader.
Last night's results
Phoenix at New Jersey
Chicago at Washington
Atlanta at Denver
Boston at Utah
L.A. Clippers at Sacramento
Sunday's results
Dallas 114 Toronto 96
Houston 91 New Orleans 89
L.A. Lakers 90 Oklahoma City 87
Minnesota 126 Golden State 123
New York 91 Miami 86
Orlando 100 Charlotte 86
Philadelphia 95 Cleveland 91
Phoenix 110 Indiana 108 (OT)
San Antonio 95 Memphis 88
Atlanta 90 Portland 83
Tonight's games
All times Eastern
Golden State at Indiana, 7 p.m.
New York at Orlando, 7 p.m.
Dallas at Philadelphia, 7 p.m.
New Orleans at Toronto, 7 p.m.
San Antonio at Memphis, 8 p.m.
Detroit at Milwaukee, 8 p.m.
L.A. Lakers at Minnesota, 8 p.m.
Houston at Portland, 10 p.m.

CRICKET

WORLD CUP

GROUP A

	MP	W	T	L	Pt
Australia	2	2	0	0	4
Pakistan	2	2	0	0	4
New Zealand	2	1	0	1	2
Sri Lanka	2	1	0	1	2
Zimbabwe	2	1	0	1	2
Canada	**2**	**0**	**0**	**2**	**0**
Kenya	2	0	0	2	0

GROUP B

	MP	W	T	L	Pt
England	2	1	1	0	3
India	2	1	1	0	3
South Africa	1	1	0	0	2
Bangladesh	2	1	0	1	2
West Indies	2	1	0	1	2
Ireland	1	0	0	1	0
Netherlands	2	0	0	2	0

Yesterday's results
At New Delhi
West Indies (330-8) def. Netherlands (115, all out) by 215 runs.
At Nagpur, India
Zimbabwe (298 for nine) def. **Canada (123, all out)** by 175 runs.
Sunday's result
At Bangalore, India
India (338, all out) tied with England (338-8)
Today's match
At Colombo, Sri Lanka
Sri Lanka vs. Kenya

TENNIS

WTA MONTERREY OPEN

At Monterrey, Mexico
Singles
First Round
Polona Hercog (8), Slovenia, def. Angelique Kerber, Germany, 6-3, 6-3.
Greta Arn, Hungary, def. Sandra Zahlavova, Czech Republic, 6-0, 6-4.
Doubles
First Round
Iveta Benesova and Barbora Zahlavova Strycova (1), Czech Republic, def. Maria Kondratieva, Russia, and Sophie Lefevre, France, 6-3, 7-5.
Marie-Eve Pelletier, Repentigny, Que., and Ahsha Rolle, U.S., def. Sarah Borwell, Britain, and Liga Dekmeijere, Latvia, 7-6 (2), 7-6 (5).
Eva Birnerova, Czech Republic, and Johanna Larsson, Sweden, def. Ipek Senoglu, Turkey, and Jasmin Woehr, Germany, 6-4, 6-2.

WTA MALAYSIAN OPEN

At Kuala Lumpur, Malaysia
Singles
First Round
Jelena Dokic, Australia, def. Francesca Schiavone (1), Italy, 2-6, 7-6 (1), 6-4.
Lucie Safarova (5), Czech Republic, def. Zarina Diyas, Kazakhstan, 7-5, 6-1.
Ayumi Morita (6), Japan, def. Darya Kustova, Belarus, 6-2, 6-0.
Zhang Shuai, China, def. Chang Kai-chen, Taiwan, 6-4, 6-7 (3), 6-4.
Urszula Radwanska, Poland, def. Junri Namigata, Japan, 6-1, 6-3.
Noppawan Lertcheewakarn, Thailand, def. Alberta Brianti, Italy, 6-4, 2-6, 6-2.
Doubles
First Round
Maria Elena Camerin, Italy, and Darya Kustova (4), Belarus, def. Han Xinyun, China, and Ekaterina Ivanova, Russia, 6-2, 6-4.
Elena Bovina and Nina Bratchikova, Russia, def. Aiko Nakamura and Erika Sema, Japan, 6-1, 6-4.
Dinara Safina, Russia, and Galina Voskoboeva, Kazakhstan, def. Jessy Rompies and Lavinia Tananta, Indonesia, 6-4, 6-4.

ATP MONEY LEADERS

Through Feb. 27 (all figures U.S.)

1. Novak Djokovic	$2,588,395
2. Andy Murray	$1,122,597
3. Roger Federer	$778,374
4. David Ferrer	$768,508
5. Robin Soderling	$674,090
6. Nicolas Almagro	$419,550
7. Andy Roddick	$400,562
8. Tomas Berdych	$389,489
9. Alexandr Dolgopolov	$355,899
10. Stanislas Wawrinka	$330,937
11. Jo-Wilfried Tsonga	$315,146
12. Milos Raonic	**$314,967**
13. Rafael Nadal	$288,787
14. Bob Bryan	$235,396
14. Mike Bryan	$235,396
16. Marin Cilic	$229,483
17. Tommy Robredo	$227,307
18. Viktor Troicki	$221,889
19. Jurgen Melzer	$219,691
20. Sergiy Stakhovsky	$214,199

WTA MONEY LEADERS

Through Feb. 27 (All figures U.S.)

1. Kim Clijsters	$2,181,058
2. Li Na	$1,158,629
3. Caroline Wozniacki	$838,250
4. Vera Zvonareva	$574,276
5. Flavia Pennetta	$437,801
6. Petra Kvitova	$358,301
7. Svetlana Kuznetsova	$304,087
8. Gisela Dulko	$279,505
9. Agnieszka Radwanska	$274,374
10. Andrea Petkovic	$259,753
11. Victoria Azarenka	$256,838
12. Francesca Schiavone	$250,776
13. Maria Kirilenko	$185,562
14. Katarina Srebotnik	$173,238
15. Peng Shuai	$164,424
16. Jelena Jankovic	$158,316
17. Nadia Petrova	$147,681
18. Bethanie Mattek-Sands	$138,862
19. Iveta Benesova	$138,839
20. Shahar Peer	$135,883

SOCCER

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Man United	27	17	9	1	61	25	60
Arsenal	27	17	5	5	57	27	56
Man City	28	14	8	6	44	25	50
Tottenham	27	13	8	6	38	31	47
Chelsea	26	13	6	7	46	22	45
Liverpool	28	11	6	11	36	35	39
Bolton	28	9	10	9	39	38	37
Sunderland	28	9	10	9	33	35	37
Newcastle	28	9	9	10	43	39	36
Stoke	28	10	4	14	32	35	34
Everton	27	7	12	8	35	36	33
Aston Villa	28	8	9	11	35	47	33
Fulham	28	6	14	8	29	29	32
Blackburn	28	9	5	14	35	46	32
Blackpool	28	9	5	14	42	55	32
Birmingham	26	6	12	8	25	35	30
West Brom	28	7	8	13	36	53	29
Wolverhampton	28	8	4	16	31	46	28
West Ham	28	6	10	12	33	49	28
Wigan	28	5	12	11	27	49	27

Yesterday's result
Stoke 1 West Bromwich Albion 1

ITALY

SERIE A

Team	GP	W	D	L	GF	GA	Pts
AC Milan	27	17	7	3	49	20	58
Inter Milan	27	16	5	6	49	29	53
Napoli	27	16	4	7	41	25	52
Lazio	27	14	6	7	33	23	48
Udinese	27	14	5	8	49	30	47
Roma	27	12	7	8	41	38	43
Juventus	27	11	8	8	41	32	41
Palermo	27	12	4	11	44	43	40
Cagliari	27	11	5	11	28	27	38
Genoa	27	9	8	10	25	27	35
x-Bologna	27	10	8	9	29	34	35
Fiorentina	27	8	10	9	28	29	34
Chievo Verona	27	7	10	10	27	29	31
Sampdoria	27	7	10	10	23	29	31
Catania	27	7	8	12	24	35	29
Parma	27	6	10	11	26	38	28
Lecce	27	7	8	12	30	48	28
Cesena	27	6	7	14	20	36	25
Brescia	27	6	6	15	22	35	24
Bari	27	3	7	17	14	41	16

x — penalized 3 points for failed tax and wage payments
Yesterday's result
AC Milan 3 Napoli 0

SPAIN

LA LIGA

Team	GP	W	D	L	GF	GA	Pts
Barcelona	25	22	2	1	76	13	68
Real Madrid	25	19	4	2	55	19	61
Valencia	25	15	6	4	40	26	51
Villarreal	25	14	5	6	44	26	47
Espanyol	25	13	1	11	34	36	40
Athletic Bilbao	25	12	2	11	39	36	38
Sevilla	25	10	5	10	38	40	35
Atletico Madrid	25	10	4	11	35	33	34
Real Sociedad	25	11	1	13	36	41	34
Getafe	25	9	5	11	35	38	32
Mallorca	25	9	4	12	25	34	31
Racing Santander	25	7	8	10	23	35	29
Levante	25	8	3	14	26	37	27
Deportivo La Coruna	25	6	9	10	21	35	27
Hercules	25	7	5	13	24	38	26
Osasuna	25	6	7	12	26	32	25
Sporting Gijon	25	5	10	10	23	31	25
Zaragoza	25	5	9	11	22	37	24
Malaga	25	6	5	14	34	51	23
Almeria	25	4	9	12	25	43	21

Yesterday's result
Malaga 3 Almeria 1

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	10	8	2	.800	117	91	—
Boston	9	6	3	.667	99	81	1½
Buffalo	7	4	3	.571	78	67	2½
Rochester	9	5	4	.556	85	96	2½
Philadelphia	9	4	5	.444	82	97	3½

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	8	5	3	.625	91	89	—
Minnesota	8	4	4	.500	80	74	1
Washington	9	4	5	.444	115	108	1½
Edmonton	9	2	7	.222	93	110	3½
Colorado	8	1	7	.125	70	94	4

WEEK NINE
All times Eastern
Friday's games
Philadelphia at Toronto, 7:30 p.m.
Minnesota at Colorado, 9 p.m.
Saturday's games
Calgary at Philadelphia, 7 p.m.
Rochester at Buffalo, 7:30 p.m.
Washington at Edmonton, 9 p.m.
Sunday, March 6
Buffalo at Boston, 5 p.m.

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$1099 Add taxes & other fees: $185

CUBA | Santa Clara
Barceló Cayo Santa Maria ❀❀❀❀
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$899 Add taxes & other fees: $160
Departure tax: 25 CUC cash, paid locally

CUBA | Varadero
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All-Inclusive • Junior suite • Apr. 5 - 8 & 11 - 15 • 1 wk.
$1299 Add taxes & other fees: $132

GRENADA
Grenadian by rex resort ❀❀❀❀
All-Inclusive • Hillside rm. • Apr. 2 & 9 • 1 wk.
$1389 Add taxes & other fees: $183

BAHAMAS | Nassau
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Super-Inclusive® • Deluxe oceanview rm. • Apr. 17 • 3 nts.
$809 Add taxes & other fees: $138

MEXICO | Cancun/Riviera Maya
Occidental Grand Xcaret ❀❀❀❀❀
All-Inclusive • Deluxe rm. • June 3, 5 & 6 • 1 wk.
$829 Add taxes & other fees: $252

MEXICO | Cancun/Riviera Maya
Gran Bahia Principe Tulum ❀❀❀❀❀ PRIVILEGES
All-Inclusive • Standard rm. • June 3, 5 & 6 • 1 wk.
$869 Add taxes & other fees: $252

MEXICO | Ixtapa/Zihuatanejo
Barceló Ixtapa Beach ❀❀❀❀ PRIVILEGES
All-Inclusive • Superior rm. • Mar. 19 & 26 • 1 wk.
$1079 Add taxes & other fees: $259

MEXICO | Los Cabos
Hola Grand Faro Los Cabos Luxury Resort ❀❀❀❀
All-Inclusive • Deluxe partial oceanview rm. • Mar. 19 & 26 • 1 wk.
$1229 Add taxes & other fees: $261

MEXICO | Puerto Vallarta/Riviera Nayarit
Meliá Puerto Vallarta ❀❀❀❀ PRIVILEGES
All-Inclusive • Deluxe garden view rm. • Mar. 20 - 31 • 1 wk.
$1299 Add taxes & other fees: $149
Add $85 for Sat & Sun departures

ARUBA
The Westin Aruba Resort ❀❀❀❀❀
Guest rm. • Mar. 27 • 1 wk.
$1519 Add taxes & other fees: $178

COSTA RICA | Liberia
Occidental Grand Papagayo ❀❀❀❀❀
All-Inclusive • Deluxe rm. • Mar. 24 & 27 • 1 wk.
$1599 Add taxes & other fees: $87
Departure tax: 26 USD cash, paid locally

USA | AIR & HOTEL

FLORIDA | Orlando
Clarion Resort & Waterpark ❀❀❀
Double or twin guest rm. • Apr. 5 & 12 • 1 wk.
$499 Add taxes & other fees: $118

NEVADA | Las Vegas
Imperial Palace Hotel & Casino ❀❀❀
Deluxe rm. • Apr. 24 • 3 nts.
$519 Add taxes & other fees: $127

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Breakfast • Standard rm. • Mar. 23 & 24 • 4 nts.
$649 Add taxes & other fees: $476

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All Seasons Paris Gare de L'Est ❀❀❀
Breakfast • Standard rm. • Apr. 6, 7 & 13 • 4 nts.
$769 Add taxes & other fees: $421

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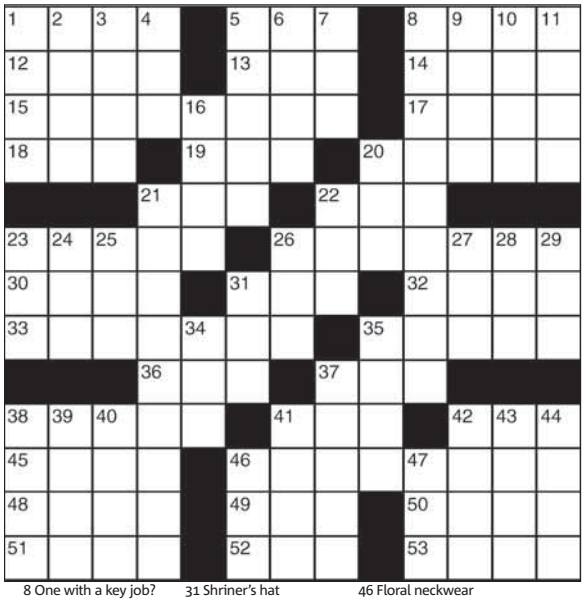
Crossword



Across

1 Urban pollutant
5 Crafty
8 Mary's follower
12 Greek vowel
13 Spy org.
14 Hodgepodge
15 Traffic congestion
17 R.I. neighbor
18 "For — a jolly ..."
19 Consumed
20 Bundle of yarn
21 Banned insecticide
22 Greyhound carrier
23 Each and —
26 Sleepwear, slangily
30 Having Y chromosomes
31 Nourished
32 Not active
33 Not upset (by)
35 Add fuel to the fire
36 12 (Abbr.)
37 Cheerful sound?
38 Layered rock
41 Chick
42 "See ya"
45 Novice
46 Name in aircraft
48 Great story
49 8-Across' mom
50 Peruse
51 Frail
52 Neither Rep. nor Dem.
53 Agile

Down

1 Unuttered "Alas"
2 Additional
3 Elevator name
4 Wander (about)
5 Composer Joplin
6 Grown-up nits
7 Tibetan beast
8 One with a key job?
9 Lotion additive
10 Revealing skirt
11 German city
16 "— Sings the Blues"
20 Total
21 Rasta's braid
22 Evil
23 Ostrich's cousin
24 Moving truck
25 Sprite
26 Clampett patriarch
27 Altar affirmative
28 Wapiti
29 Witness
31 Shriner's hat
34 Orange "Sesame Street" Muppet
35 Polio vaccine discoverer
37 Battled for time
38 Crockpot creation
39 Advertise in a big way
40 Operatic solo
41 Formal dress
42 Road Runner's noise
43 Once around the sun
44 Vortex
46 Floral neckwear
47 120 min. = 2 —

▶ Yesterday's answer

Sudoku

		6				1		
					5		6	8
3	7		8	6				
							1	9
4	3	9				5	7	2
2	8							
				5	6		9	3
7	6		4					
		4				6		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	8	2	1	6	4	9	5	3
3	4	6	7	9	5	2	8	1
9	1	5	2	3	8	6	7	4
1	9	8	6	5	2	4	3	7
5	7	4	3	1	9	8	2	6
6	2	3	4	8	7	1	9	5
4	6	9	5	2	3	7	1	8
8	5	1	9	7	6	3	4	2
2	3	7	8	4	1	5	6	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Ricky, my love! I just wanted to let you know how happy i am with you. Not a day goes by that i dont think of you and how lucky i am to have found you. Happy anniversary! **JANE**

Sandra O' You are the one and only person I could ever love. You have made me the happiest man in the world. you complete me, Will you marry me? **LOVE JB**

To my loving husband Dave, I am so lucky to wake up to you everyday. I love you more and more everyday and look forward to the years ahead. With love **SHAILEEN XO**

Dear Niraj T, You are the love of my life, you've always been there for me. I have learned so much from you through the past years, Happy six years and three months baby. I love you. **LOVE YOUR LIL ONE KN**

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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Avoid situations in which you don't have the final say in what takes place. Also avoid people who want to control everything. That kind of relationship is doomed to fail.

♉ Taurus April 21-May 21 Something is worrying you. Whatever it is, you won't get over it just by trying to put it out of your mind. You have to face up to the situation and then deal with it.

♊ Gemini May 22-June 21 Listen to what your inner voice tells you and ignore what everyone around you has to say. They may mean well, but they don't know you as well as you know yourself. Deep down you already know the answer.

♋ Cancer June 22-July 22 Tread carefully when discussing sensitive issues with loved ones. According to the planets, they most likely don't want to hear your advice, especially if it requires a change of behaviour on their part.

♌ Leo July 23-Aug.23 Your sixth sense can be trusted, so be on guard if you doubt what some people are saying. There may be no logical reason for your suspicions but logic has nothing to do with it.

♍ Virgo Aug. 24- Sept. 22 Someone will let you in on a secret today, but watch out because he or she may be using it as a hook to find out something that you would rather the world did not know about.

♎ Libra Sept. 23-Oct. 23 A deal of some kind may sound attractive but you need to find out more about it before you commit. If you get something, you will no doubt be asked to give something in return.

♏ Scorpio Oct. 24-Nov. 22 Don't get angry if you have to pay over the odds for something today. It's only money, and if you did not spend it on this you would spend it on something else, no doubt just as frivolous.

♐ Sagittarius Nov. 23-Dec. 21 There is no point trying to keep something secret from the people who know you best because they can read you like a book. Whatever it is, own up to it.

♑ Capricorn Dec. 22-Jan. 20 If you need to announce some bad news today, the best way is to come right out with it. The more you prevaricate, the more others will worry that it's earth-shatteringly terrible.

♒ Aquarius Jan. 21-Feb. 18 You won't be thinking straight today, so expect your mind to play tricks on you. Now that you know that, you are less likely to make any spur-of-the-moment decisions that will get you into trouble.

♓ Pisces Feb. 19-March 20 The more that others insist that you follow their lead, the more you will resist and go your own way. Always do what is right for you.

SALLY BROMPTON

Caption contest

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WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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